REI PRODUCT INFORMATION

BICYCLE PACKS & BAGS

QUICK TIPS

Not all bags fit on all bikes. Ask an REI sales specialist to see if a bag will fit your bike.

Panniers handle big loads well; small bags offer easier accessibility to essentials.

Big loads can also ride on a trailer (available at REI.com).

Select bags that match your expected load size: Full bags are more aerodynamic and stable than partly full bags.

BIKE BAG CONSIDERATIONS

- **Capacity:** Try to keep loads as light and compact as possible. For versatility, look at bags with expandable compartments, extendible collars or compression straps that adjust to your storage needs.
- **Access:** Wide openings and/or panel-loading designs make packing and finding items quick and easy.
- **Extras:** Features like a removable waistpack, hydration reservoir, built-in raincover and mesh pockets for wet gear are useful. A few bags double as daypacks or briefcases.

BAG TYPES

- **Panniers:** These rack-mounted bags swallow up a lot of gear, keeping it low and centered for optimum balance and control. Some models fit both front and rear racks.
- **Underseat bags:** Ideal for essentials such as patch kits or energy bars. Expandable models offer space for a jacket or other large items.
- **Handlebar bags:** Keep maps, gloves and other small items handy. Most adapt to fit a variety of handlebar styles.
- **Rack trunks:** Popular with commuters, these spacious trunks fit atop the rear rack, minimizing wind resistance. Padded models are ideal for cameras and other fragile high-tech gear.
- **Messenger bags:** Small daypacks that are built to sling on (and off) of your back quickly. Their strap systems keep them stable as you ride.

TIPS FOR POSITIONING YOUR GEAR

- Load heavy items near the bottom of your panniers, light gear on top.
- Divide heavy loads so 45% of the weight is at the front wheel, 55% at the rear wheel.
- Distribute the load evenly from side to side.
- Don't store heavy items in a handlebar bag; too much weight there impairs steering.
- When riding with a single set of panniers, mount them at the rear wheel.
- When riding with 2 sets of panniers, position rear panniers high and as far forward as possible on the rear rack. Front panniers should sit low on the front fork near the center of the wheel.

Need more info? Visit "Learn & Share" on www.rei.com

PANNIERS	Item #	Dimensions (in.)	Mounting	Volume/pair (cu. in.)	Weight	Price*
REI 'Round Town	685699	13 x 13 x 8	Rear	2,704	3 lbs. 15 oz.	$50
REI Explorer	696041	14 x 10.5 x 6.5	Front or rear	2,290	2 lbs. 8 oz.	$70
REI Traverse	696049	14 x 12 x 7	Front or rear	2,932	2 lbs. 14 oz.	$99
Ortlieb Front Roller	604990	11.8 x 9.8 x 5.5	Front or rear	1,526	3 lbs. 1 oz.	$120
Ortlieb Back Roller	604989	17 x 16.5 x 9	Rear	2,441	3 lbs. 13 oz.	$130
REI Keystone	696046	18 x 11 x 6	Rear	3,288	4 lbs. 6 oz.	$130
Ortlieb Sport Packer Plus	687070	15.7 x 9.8 x 5.5	Rear	1,831	3 lbs. 10 oz.	$165
Ortlieb Bike Packer Plus	687069	16.5 x 12.6 x 6.7	Rear	2,441	4 lbs. 9 oz.	$195

UNDERSEAT BAGS	Item #	Volume (cu. in.)	Dimensions (in.)	Weight	Price*
REI Micro Wedge Pack	696057	30	7 x 3 x 2	2.5 oz.	$9
REI Small Wedge Pack	696053	65	8 x 4.75 x 3.5	3.5 oz.	$12
Topeak Micro Wedge Pack	655365	28	5 x 3 x 2.8	2.8 oz.	$12
Cannondale Mini Wedge	638609	50	4 x 4 x 2	3.3 oz.	$14
Pedro's Blowout Bag	648319	65	6 x 3.7 x 2.5	3 oz.	$16
REI Expanding Wedge Pack	696051	115–165	7.5 x 2–7.5 x 5	5 oz.	$18
Cannondale Comp Wedge II	652587	75	7 x 4 x 3	6.5 oz.	$20

FOOTNOTES:

MORE

*Prices subject to change and are for comparison only.

NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.

Recycled Paper

BICYCLE PACKS & BAGS

UNDERSEAT BAGS (cont.)	Item #	Volume (cu. in.)	Dimensions (in.)	Weight	Price*
Headland CMT Seat Pack—Medium	685486	52	6.2 x 4 x 2.25	4.6 oz.	$20
—Large	685487	98	8 x 4.5 x 3.5	5.7 oz.	$24
Topeak Large Expando Wedge Pack	655367	90–105	6.5 x 4–6.5 x 4.5	6.1 oz.	$22
Topeak Compact Wedge w/Survival Tool	618642	90–105	6.5 x 4–6.5 x 4.5	Bag: 5.7/Tool: 9.3 oz.	$35
HANDLEBAR BAGS					
REI Bar Top	696064	120	7.5 x 5.25 x 2.75	4.5 oz.	$15
Ortlieb Boxit Mobile-phone Box	685437	UA	2 x 5	2.5 oz.	$39
VauDe Road	671371	200	8 x 11 x 6	1 lb. 2 oz.	$45
REI Deluxe	696067	325	9.75 x 9.25 x 3.5	1 lb. 4 o.z	$50
VauDe Road II	697097	340	10.25 x 7.5 x 6.25	1 lb. 12 oz.	$65
RACK TRUNKS					
REI Basic	696059	300	12 x 6.25 x 5	9 oz.	$30
Delta Top Bag	695922	410–458	13 x 5–7 x 5	14 oz.	$30
VauDe Road Box	671369	400	14 x 8 x 10	1 lb. 2 oz.	$40
REI Deluxe	696062	432–648	12 x 7.5–9.5 x 5	1 lb. 6 oz.	$50
VauDe Road	671370	600–800	14 x 10–15 x 8	1 lb. 10 oz.	$55
Topeak QT Super Bag DX	655368	800–1,300	14.5 x 9.5–15 x 6	1 lb. 15 oz.	$75
MESSENGER BAGS					
Timbuk2 Pork Chop Utility	674644	250	9 x 6.5 x 4	10 oz.	$25
Timbuk2 Pee Wee—Plum/stone	674642	700	15 x 10 x 5.5	1 lb. 8 oz.	$54
—Assorted colors	685230				
Overland Express Lightwave	686341	700	12.5 x 11 x 5	1 lb. 5 oz.	$60
Timbuk2 El Ocho	674640	1,400	19 x 11 x 8	1 lb. 13 oz.	$65
Ortlieb Zip-City S	657335	885	14.6 x 11.8 x 5.1	1 lb. 3 oz.	$70
Timbuk2 Dee Dog—Navy/silver	640554	2,100	23 x 12.75 x 8.5	2 lbs. 2 oz.	$75
—Assorted colors	685228				
Ortlieb X-Press Messenger	638932	732	14.2 x 9.8 x 5.1	2 lbs. 9 oz.	$80
Timbuk2 Mogwai Commuter Plus	685236	1,600	16.5 x 13.5 x 7	3 lbs. 4 oz.	$125
Ortlieb Messenger	657336	1,831	19.7 x 15.4 x 6.1	3 lbs. 5 oz.	$130
MESSENGER BAG ACCESSORIES					
Timbuk2 Accessory Bag	627511	UA	6.5 x 4	UA	$10
Timbuk2 Cell Phone Holster	674646	UA	3.5 x 4–9	UA	$10
Timbuk2 Strap Pad	627512	UA	12 x 2.5	2 oz.	$10
Topeak Handy Phone Pack Plus	678726	UA	6 x 2.8 x 2.8	3 oz.	$20
Timbuk2 Laptop Sleeve—Large	676955	293	12.7 x 10.5 x 2.2	12 oz.	$40

FOOTNOTES:

*Prices subject to change and are for comparison only.

NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information at time of publication.

Recycled Paper

REI PRODUCT INFORMATION

BEACONS

PLB/EPIRB

QUICK TIPS

PLB stands for Personal Locator Beacon; these are for land-based activities.

An EPIRB is an Emergency Position-Indicating Radio Beacon and is used for maritime activities.

PLBs are emergency life saving devices intended for use only in situations of grave and imminent danger.

Important: Please see an REI sales specialist for help.

PLB/EPIRB BASICS

Advances in PLB/EPIRB technology have made transmission, location and rescue faster than ever before. PLBs and EPIRBs can help reduce rescue notification times from days to minutes. On July 1, 2003, the Federal Communications Commission legalized the use of PLBs and EPIRBs for the general public. PLBs absolutely do not replace avalanche beacons.

PLB

- A PLB is a small transmitter that sends a personalized emergency distress signal to the nearest rescue services. If you're a hiker, mountain biker or backcountry skier and are simply out of cell phone range, a PLB is a highly effective, internationally recognized way to summon help.

EPIRB

- EPIRBs have been in use in the marine environment for over 20 years.
- An EPIRB is larger than a PLB and weighted so that it will automatically right itself, float and transmit in the upright position. It also features a strobe light to assist in location during search and rescue (SAR) operations. Anyone in a sea kayak or boating so far from shore that they would not be able to easily swim to safety should purchase an EPIRB.

HOW PLBs & EPIRBs WORK

- PLBs and EPIRBs transmit signals on internationally recognized distress frequencies. The 406 MHz signal is monitored by the National Oceanic and Atmospheric Administration (NOAA) and Air Force Rescue Coordination Center in the US.
- The global satellite system is a collection of Russian, Canadian, American and French satellites known as Cospas-Sarsat. Once a signal is received, these global satellites can "fix" on the signal. The signal is then relayed to a Local User Terminal. These small, worldwide tracking stations provide the link between the satellites and NOAA. The signal is then passed on to the Air Force to begin SAR procedures.

PERSONALIZED SIGNALS

Each PLB and EPIRB is equipped with a unique identifying number (UIN) that is a 15-digit alpha-numeric code. This is the code transmitted to the satellites. It is also linked to a computer database that contains your name, address, phone number and any medical information the SAR team should know.

Important: When you buy a PLB or EPIRB, it's imperative that you register it with NOAA. Ask an REI sales specialist for assistance.

TWO TYPES OF PLB/EPIRB SIGNALS

Both PLBs and EPIRBs use a 406 MHz signal, which carries the UIN and GPS data, and a 121.5 MHz homing frequency.

- **PLB/EPIRB without GPS:** If you're using a PLB or EPIRB without a GPS, the 406 MHz frequency will get rescuers to within a 2-mile radius of you. At the same time, SAR will be monitoring with a tracking device to home in on the 121.5 MHz frequency put out by the PLB or EPIRB. The average notification time to SAR with this setup is 1 hour.
- **PLB/EPIRB with GPS:** PLBs or EPIRBs with a GPS interface hook up to your own GPS. With this setup, the 406 MHz frequency will guide rescuers to within 100 meters of your position. As before, SAR homes in on the beacon's 121.5 MHz frequency. The average notification time to SAR with a GPS interface is an amazing 5 minutes!

TRANSMISSION & BATTERY LIFE

Each PLB and EPIRB is equipped with a lithium battery. This battery has an 11-year life span, and lays dormant until you activate it.

A Class I heavy-duty battery must be able to transmit at -40°F (-40°C) for 24 hours. A Class II battery must be able to transmit at -20°F (-29°C) for 24 hours. Because batteries operate differently in cold temperatures, both of these functionality ratings are based on worst-case scenarios. If the average temperature is 70°F, the battery will operate for approximately twice as long.

The battery is NOT to be changed or replaced by the consumer. It is highly recommended that you have the battery changed once every 5 years by an authorized battery replacement center, where it will get a tolerance check and a complete overhaul of new gaskets and seals.

Need more info? Visit "Learn & Share" on www.rei.com

SPECS ON REVERSE

Recycled Paper

PLB/EPIRB

PLBs/EPIRBs	ACR Electronics 406 PLB	ACR Electronics GyPSI 406 PLB with GPS Interface	ACR Electronics Satellite2 406 Category II EPIRB	ACR Electronics RapidFix 406 Category II EPIRB with GPS Interface
Item #	697965	697966	697957	697958
PLB/EPIRB Frequency in MHz	121.5/406	121.5/406	121.5/406	121.5/406
GPS/ Satellite Detectable	No/yes	NMEA 0183 interface/yes	No/yes	NMEA 0183 interface/yes
Category Deployment	Manual PLB/personal	Manual PLB/personal	Manual	Manual
Activation	Manual	Manual	Manual and water	Manual and water
Location Accuracy	2 miles	0.05 miles	2 nautical miles	0.05 miles
Built-In Strobe	No	No	Yes	Yes
Time until SAR Notification	1 hour	5 minutes	1 hour	5 minutes
Dimensions (in.)	6.5 x 3.8 x 1.9	6.5 x 3.8 x 1.9	7.2 x 4.3 x 3.7	7.2 x 4.3 x 3.7
Weight	1 lb. 1.6 oz.	1 lb. 1.6 oz.	2 lbs.	2 lbs.
Material	Fiber-reinforced polycarbonate blend	Fiber-reinforced polycarbonate blend	High-impact polycarbonate blend	High-impact polycarbonate blend
Waterproof to (ft.)	3.3	3.3	33	33
Battery Type	Lithium (5 year replacement life)	Lithium (5 year replacement life)	Lithium (5 year replacement life)	Lithium (5 year replacement life)
Battery Operational Life	Over 24 hrs. at -40°F	Over 24 hrs. at -40°F	48 hours at -40°F	48 hours at -40°F
Certification	Approved by FCC; Cospas-Sarsat; R&TTE; CE	Approved by FCC; Cospas-Sarsat; R&TTE; CE	Cospas-Sarsat; FCC; USCG; complies with European MED	Cospas-Sarsat; FCC; USCG; complies with European MED
Price*	$599	$699	$699	$749

FOOTNOTES:

*Prices subject to change and are for comparison only. Specs based on manufacturer's information available at time of publication.

Recycled Paper

REI PRODUCT INFORMATION

BIKE HELMETS

QUICK TIPS

Helmets are required by law in a majority of states.

Good fit is essential—ask us to help; then fine-tune at home.

TYPES OF HELMETS

- **Sport:** A solid value for riders on roads and trails, skates/skateboards or scooters.
- **Mountain:** For maximum protection, these have visors, extended back-of-head coverage and special retention systems.
- **Road:** These helmets offer sophisticated ventilation inside sleek, aerodynamic shells.
- **BMX:** For extra protection the American Bicycle Association recommends that BMX riders wear helmets that cover the ears.
- **Child and Infant/Toddler:** Helmets for infants/toddlers offer more coverage than those for older children. Helmets for older kids have shapes similar to adult models.

CONSTRUCTION

- **Shell:** This hard plastic skin resists punctures and is designed to slide smoothly to prevent the head from suddenly jerking sideways during a skid. In-mold construction bonds a shell and liner into a single, rattle-free unit.
- **Shape:** A more rounded design is less apt to catch during a skid, while flatter, more angular models are more aerodynamic.
- **Ventilation:** Road helmets' narrow vents are efficient at high speeds. Off-road helmets' wide vents let heat escape at slow speeds. More vents means greater cooling, but large front vents matter most in maximizing airflow.
- **Reinforcement:** Hard foam interiors absorb the impact energy of a fall. All helmets sold in the US must meet Consumer Products Safety Commission (CPSC) standards.
- **Visor:** A feature found mainly on mountain helmets, it offers eye protection from both airborne debris and the sun's glare. Most visors can be easily snapped on or off.

WHEN TO REPLACE YOUR HELMET

Replace any impacted helmet, even if damage isn't apparent. UV rays weaken helmets over time: Frequent riders should replace theirs after 5 years, occasional riders every 10 years.

SIZING & FIT

- **Universal fit:** An inner ring adjusts to fit a wide range of riders. This system allows one shell to fit 90% of the people who ride.
- **Traditional fit:** Typically available in a range of sizes, these helmets come with interchangeable fit pads that let you adjust the fit.
- **Retention system:** Each maker has its own variations, all of which hold the helmet firmly in place and let you fine-tune the fit.

Need more info? Visit "Learn & Share" on www.rei.com

FITTING YOUR HELMET

Follow these simple steps to get the correct fit with a traditional-fit helmet:

MEASURE AROUND YOUR HEAD

Measure around the largest part of your head, ½" above the eyebrows. Then look at the charts on the helmet packaging to find your size. No two helmets fit exactly alike, so try on several models.

ADJUST THE FIT (ON ALL HELMETS)

A helmet should be snug, not tight. It should sit level, its front edge no more than 1" above the eyebrows. Shake your head from side to side. If the helmet shifts, try a smaller size, adjust the sizing mechanism or use thicker sizing pads. Push up on the front and back edges: If they move, tighten the straps.

SPORT	Item #	Size	Retention System	Visor	# of Vents	In-Mold Construction	Weight	Price*
Bell Arc	681250	Universal Fit	Twin Action Fit		17		8.9 oz.	$30
Giro Transit	681484	Universal Fit	Acu Loc		18		10.5 oz.	$35
Bell Bella—Women's	693323	Universal Fit	Twin Action Fit	X	17		9.2 oz.	$40
Bell Ukon	681251	Universal Fit	Twin Action Fit	X	17		9.3 oz.	$40
Giro Torrent	681488	Universal Fit	Acu Loc	X	18		11 oz.	$45
Giro Venus—Women's	681491	Universal Fit	Acu Loc	X	18		10.5 oz.	$45
Bell Aquila II	681252	Universal Fit	Twin Action Fit	X	19	X	2 oz.	$55
Giro Encinal	695330	Universal Fit	Acu Loc	X	21	X	10 oz.	$60

FOOTNOTES:

MORE

*Prices subject to change and are for comparison only. Specifications based on manufacturers' information available at time of publication.

Recycled Paper

BIKE HELMETS

MOUNTAIN	Item #	Size	Retention System	Visor	# of Vents	In-Mold Construction	Weight	Price*
Bell Influx	684483	S, M, L	GPS	X	18	X	11 oz.	$75
Giro Havoc	693337	S, M, L	Roc Loc 3	X	27	X	10.5 oz.	$80
Bell X-Ray	693335	S, M, L	GPS	X	19	X	10.6 oz.	$100
Giro Animas	693336	M, L	Roc Loc 3	X	23	X	10.5 oz.	$100
ROAD								
Giro Eclipse	681513	S, M, L	Roc Loc 3		24	X	9 oz.	$100
Giro Pneumo—White	684632	S, M, L	Roc Loc 4	X	19	X	10 oz.	$160
—US Postal	695767	M, L						
BMX								
Bell Trailrider	681261	S/M, M/L	Interchangeable pads		14		1 lb. 6 oz.	$25
Pro-Tec Old School	697387	Youth/Adult	Adjustable tubular		11		1 lb. 8 oz.	$35
—Pro Sticker Style	697389	Youth/Adult	Adjustable tubular		11		1 lb. 8 oz.	$40
CHILD								
Bell Amigo	693351	Kids' Universal Fit	Twin Action Fit	X	8		8.9 oz.	$30
Bell Craze	693405	Youth Universal Fit	Twin Action Fit		17		10.2 oz.	$30
Giro Kickfire	693407	Youth Universal Fit	Acu Loc	X	18		10 oz.	$30
Bell Cognito	693406	Youth Universal Fit	Twin Action Fit	X	17		9.2 oz.	$40
INFANT/TODDLER								
Bell Boomerang Pro	693345	One size	Half Nelson	X	8		0.2 oz.	$30
Bell Li'l Bell Shell	693348	One size	Half Nelson		4		10.2 oz.	$30
Giro Me2	693409	One size	Adjustable fit	X	6		9 oz.	$40

FOOTNOTES:

*Prices subject to change and are for comparison only. Specifications based on manufacturers' information available at time of publication.

Recycled Paper

WWW.REI.COM

REI PRODUCT INFORMATION

BIKE LIGHTS

QUICK TIPS

Reflectors alone aren't sufficient to keep you visible to motorists.

If you commute, go on long-haul bike tours or do extended trail riding, look at a high-power lighting system.

If you just want to be prepared in case darkness sneaks up on you, look at standard lighting setups.

LIGHT, BRIGHT & WATERTIGHT

Bicycle lights typically weigh less than the batteries that power them. Even high-intensity front headlights add little weight, and their rechargeable battery systems mount to your frame with little or no effect on the handling of your bike. All the lights at REI feature durable housings sealed with weatherproof gaskets. You can count on these lights in any weather, from light mist to pouring rain.

TOTAL LIGHTING SAFETY

A well-lit bike includes front and rear lighting to increase your visibility to motorists and pedestrians. For commuting or riding after dark (especially trail riding), get a high-powered lighting system.

- **Rear safety lights:** These lights enhance your visibility to motorists while you're riding at dusk or at night. A few high-powered rear lights are available now, but the main differences in standard taillights are in mounting options and number of light-emitting diodes (LEDs).
- **Front safety lights:** These lights help motorists see you from the front. They provide enough light to get you back home at dusk or to ride in well-lit areas at night. However, they're not intended for serious night riding.
- **High-powered lighting systems:** These lights help you see where you're going on the trail or road, in almost all conditions. Our high-quality halogen and high-intensity discharge (HID) headlights include mounting hardware and feature bulb configurations designed for bright lighting.

BULB SYSTEMS

Halogen bulbs and most xenon bulbs contain a gas that allows filaments to heat to high temperatures without burning out. Halogens and metal halide HID bulbs provide the brightest illumination and are used in high-powered systems. Like fluorescents, HID lamps are arc lights that efficiently generate bright light. LEDs conserve power and run longer than other bulbs, while providing adequate visibility. LEDs are typically used in flashing lights.

BATTERY LIFE

Battery life depends on the battery source, the power of the system and the demands of the user. We provide comparative ratings. Some light systems give you a digital readout specifying how much life is left in your batteries.

- **Flashing vs. steady lights:** Flashing lights emit an attention-getting pulse while using less battery power. Most lights offer flashing and steady modes. Some offer a chase mode.
- **Multiple bulbs:** Many rear lights use multiple LEDs for increased brightness without increased voltage requirements. Up front, some headlights use a 1-bulb system. Some high-powered units have a 2-bulb system that allows you to switch between a long-lasting low-power bulb and a high-intensity bulb that drains battery power more quickly. Some systems have multiple bulbs and/or a microprocessor that lets you select a wide range of illumination levels.

MOUNTING FLEXIBILITY

Depending on the light, options are available for mounting to the handlebar, fenders, seatpost, panniers or clothing. Some lights mount on helmets to let you redirect your beam simply by turning your head. Battery packs for high-powered lights fit inside a water bottle cage or attach to the top tube. In almost all cases, quick-release mounting hardware is included to let you take your light with you when you leave your bike.

POWER SOURCE

- **Alkaline batteries:** A bright, long-lasting power source with a relatively low initial cost. Disposal regulations vary from state to state and rechargeable alternatives are available, as well as devices designed to recharge standard alkaline batteries.
- **Rechargeable systems:** These feature sealed lead acid, nickel-cadmium (NiCad) or nickel-metal hydride (NiMH) batteries. Each can be charged hundreds of times, making them an inexpensive and ecologically sound alternative to disposable batteries. During use, all types of rechargeable batteries deliver consistent power until most of their capacity is exhausted, while alkaline batteries discharge in a slow, controlled manner.

  Lead acid are the most affordable rechargeables, while NiCads provide more power for the weight. Nontoxic NiMH batteries offer the greatest power for their weight of any rechargeable. They are also the most convenient to maintain, because they suffer from no memory effect (see below).

MAINTAINING YOUR BATTERY SYSTEM

Rechargeable batteries are capable of more than 500 charge/discharge cycles. For trouble-free operation, follow these maintenance guidelines:

- NiCad batteries should be fully discharged before recharging. Recharging a NiCad that is not fully discharged creates a "memory effect," reducing the amount of power the battery will hold.
- When charging batteries, be sure to fully charge them—especially before storage—but do not overcharge them. Some systems come with smart chargers that automatically stop when the batteries are fully charged.
- Do not leave lead acid batteries in a discharged state for a prolonged time. This can permanently damage battery cells, shorten operating time and reduce battery life.

Need more info? Visit "Learn & Share" on www.rei.com

SPECS ON BACK

Recycled Paper

REAR SAFETY LIGHTS	Item #	Bulb System	Number of Bulbs	Batteries	Battery Life Flashing (hrs.)	Battery Life Steady (hrs.)	Mounting	Weight w/ Batteries	Price*
Cat Eye TL-LD170-R	660080	LED	3	2 AAA	60	30	Seatpost/clothing	53g	$9
Cat Eye LD120II-RC	680970	LED	3	2 AAA	100	50	Seatpost	51g	$10
CygoLite Mity-Rad	680657	LED	3	2 N	60	50	Seatpost	57g	$12
CygoLite Radical—SL	695329	LED	5	2 AAA	120	100	Seatpost/clothing	56g	$12
Cat Eye TL-LD260-CRR	691908	LED	1	3 AAA	160	80	Seatpost	59g	$13
VistaLite Super Nebula 5	643205	LED	5	2 AA	200	50	Seatpost/belt	143g	$15
VistaLite Total Eclipse	646848	LED	7	2 AAA	100	30	Belt clip/seatpost	85g	$20
Cat Eye TL-LD600	680119	LED	5	2 AAA	30	15	Universal band	57g	$20
NiteRider Universal	680634	LED	16	†	†	†	Seatpost/rack	86g†	$60

FRONT SAFETY LIGHTS	Item #	Bulb System	Number of Bulbs	Batteries	Battery Life Flashing (hrs.)	Battery Life Steady (hrs.)	Battery Life on High (hrs.)	Battery Life on Low (hrs.)	Mounting	Weight w/ Batteries	Price*
Cat Eye LD120II-FC	680968	LED	3	2 AAA	100	50	NA	NA	Handlebar	51g	$12
Cat Eye HL500 VIS-360	680977	Halogen	1	2 C	NA	NA	8	NA	Handlebar	241g	$15
Cat Eye HL-LD260-CWC	691909	LED	1	3 AAA	200	100	NA	NA	Handlebar	59g	$15
Cat Eye HL-EL110	692992	LED	1	4 AA	NA	NA	110	300	Handlebar	163g	$18
Cat Eye HL-500II	692994	Halogen	1	4 AA	NA	NA	3	NA	Handlebar	185g	$22
Cat Eye HL-EL200	692996	LED	3	4 AA	220	NA	35	110	Handlebar	157g	$25
Cat Eye HL-EL300	692999	LED	5	4 AA	NA	NA	30	110	Handlebar	206g	$35

FRONT/REAR LIGHT SETS	Item #	Bulb System	Number of Bulbs	Batteries	Battery Life Flashing (hrs.)	Battery Life Steady (hrs.)	Battery Life on High (hrs.)	Battery Life on Low (hrs.)	Mounting	Weight w/ Batteries	Price*
VistaLite Road Toad/ Nebula 5	644410	Xenon/LED	1/5	4 AA/2 AAA	200	50	2	4.5 seatpost/ belt clip	Handlebar/	189g/143g	$28
Cat Eye HL-EL200/ LD500-RC	693031	LED	3/3	4 AA/2 AAA	160	80	NA	NA seatpost	Handlebar/	273g/52g	$35

HIGH-POWERED LIGHTING SYSTEMS	Item #	Bulb System	Number of Bulbs	Batteries	Battery Life (hrs. and min.) on High	on Low	Charge Time (hrs.)	Mounting	Power (watts)	Weight	Price*
CygoLite Night-Rover	633791	Halogen	2	Lead acid	1:30	3:00	10–12	Handlebar	6.3/12.5	735g	$60
CygoLite Night-Rover NiCad Xtra	678887	Halogen	2	NiCad	2:00	6:00	15–17	Handlebar	6.3/10/16.3	800g	$90
NiteRider TrailRat 2.0	680637	Halogen	1	NiMH	2:20	NA	5	Handlebar	10	571g	$109
Light & Motion Commuter	693021	Halogen	1	NiMH	2:00	NA	12	Handlebar	13	340g	$99
Cat Eye ABS10	693001	Halogen	1	NiMH	3:00	6:00	8	Handlebar	5/10	1,147g	$100
CygoLite Night-Explorer	680346	Halogen	2	NiCad	1:00	3:00	15–17	Handlebar	10/15/25	800g	$110
NiteRider Non-Digital Evolution 6V	680639	Halogen	1	NiMH	2:20	NA	9	Handlebar/ helmet	10	571g	$149
Light & Motion Solo	693019	Halogen	1	NiMH	2:00	NA	12	Handlebar	13	340g	$169
NiteRider Digital Evolution 6V	680640	Halogen	1	NiMH	1:45	5:00	5	Handlebar/ helmet	3/6/10/15	624g	$229
Light & Motion Cabeza Logic Turbo	693013	Halogen	1	NiMH	2:00	4:25	3.5	Helmet	6/13	340g	$260
NiteRider Classic Plus	680642	Halogen	2	NiMH	1:15	3:10	3.5	Handlebar	12/20/32	1,020g	$279
Light & Motion ARC HID	693009	HID	1	NiMH	3:00	3:30	3.5	Handlebar	11/13.5	700g	$399
NiteRider Storm HID Helmet Light	680646	HID	1	NiMH	4:00	NA	3.5	Helmet	= 40W halogen	964g	$399
NiteRider BlowTorch HID	693856	HID	1	NiMH	4:00	NA	3.5	Handlebar	= 40W halogen	964g	$409

ACCESSORIES	Item #	Price*
Light & Motion Handlebar Mount	693022	$30
Light & Motion Helmet Mount	693023	$20
NiteRider Large Storage Pouch	666229	$13
NiteRider Vehicle Cord	666230	$13
NiteRider Explorer Headband	624275	$32
NiteRider Helmet Light Mount	543426	$17
NiteRider Straight Handlebar Mount	615943	$17

ACCESSORIES	Item #	Price*
NiteRider Quick-Release Handlebar Mount	645223	$21
NiteRider 10W Spare Bulb	686029	$22
NiteRider 15W Spare Bulb	686031	$22
NiteRider 12W Spare Bulb	686032	$22
NiteRider 20W Spare Bulb	686033	$22
NiteRider 6V Microbrute Charger	680607	$50
NiteRider 13.2V Microbrute Charger	680636	$80

FOOTNOTES:

*Prices subject to change and are for comparison only. †Connects to and runs off headlight system battery.
NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.

Recycled Paper

REI PRODUCT INFORMATION

BINOCULARS & MONOCULARS

QUICK TIPS

Compact binoculars save weight and space in your pack.

Full-size binoculars are heavier, but they outperform compacts, especially in dim light.

COST AND QUALITY

When looking for binoculars you'll find a wide price range on similar-looking models. Prices usually correspond to the quality of the optics. As you might expect, better optics mean better-performing binoculars.

FULL-SIZE BINOCULARS VS. COMPACTS

- **Full size:** These add weight and bulk to a pack, but provide steadier images and a wider field of view than compacts. Wide objective (front) lenses capture ample light, and thus are well-suited to low-light situations. Full-size binoculars are the better choice for serious wildlife viewing.
- **Compacts:** Popular with travelers, they work well during daylight. Small enough to slip into a pocket, they're ideal for weight-sensitive activities like backpacking and mountaineering. Compact monoculars that fit into a jacket pocket are popular with hikers and mountaineers.

SOME IMPORTANT SPECS

- **Magnification power:** Binoculars are identified by numbers such as 7 x 35. The first number is magnification power: The "7" indicates that any object you view will appear 7 times closer than it would to the naked eye.

  Greater magnification doesn't necessarily mean better viewing. Binoculars with magnification greater than 10 over-amplify hand movement, making steady viewing more difficult.
- **Objective lens size:** In 7 x 35 binoculars, "35" is the diameter in millimeters of the objective lenses (those farthest from your eyes). The size of these lenses determines how much light the binoculars can take in: Larger lenses mean brighter images to view.
- **Field of view:** The width of the area you can view in a glance, 1,000 yards away.
- **Angle of view:** A greater real angle of view makes it easier to pick out wildlife at a distance. Apparent angle of view is the real angle of view multiplied by the magnification.
- **Exit pupil:** Measured in millimeters, this is the diameter of the shaft of light that exits each eyepiece and reaches the pupils of your eyes. Calculate this number by dividing the diameter of the objective lenses by the magnification. A 7 x 35 model, for example, has an exit pupil of 5mm (35 divided by 7).

  Generally, a bigger exit pupil means more light reaches your eyes, producing a brighter image. A large exit pupil also makes it easier to maintain a full image if your hands move or shake. Your eyes' pupil size varies from approximately 2.5mm in bright light to 7mm in low light. So, for optimum dusk or dawn viewing, choose models with an exit pupil wider than 4mm.
- **Relative brightness:** This indicates the amount of light that is transmitted to your eyes. The higher the relative brightness number, the brighter the image. Prism type, component quality and optical coatings all affect relative brightness. Binoculars with high relative brightness make good choices for low-light viewing.

FOCUS

- **Adjusting focus:** First, close your right eye and focus the center control. Next, close your left eye and fine-tune by rotating the right eyepiece (diopter). From then on, the center control will quickly sharpen the focus.
- **Minimum focus:** Some binoculars offer close minimum-focusing distances. This means they can magnify fine details on nearby objects: a handy feature if you plan to use your binoculars in art galleries or museums.

USING BINOCULARS WITH EYEGLASSES

Eye relief is how far your eyes can be from the eyepieces and still see a full image. Eyeglass wearers need 11mm or more of eye relief and should always roll down eyepiece collars before viewing.

OTHER FEATURES TO LOOK FOR

- **Zoom capability** allows you to pinpoint magnification to your needs. Zoom in on a warbler on a tree branch; zoom out to view a moose in a meadow beyond the tree.
- **Protection:** Polycarbonate and high-impact plastic are rugged casing materials. Rubber or elastomer over the housing absorbs shocks, protects delicate optics and provides a secure, comfortable grip.
- **Weatherproofing:** Many binoculars offer some degree of weatherproofing. Water-resistant binoculars will operate in light rain, but will eventually leak if they get dunked. Waterproof binoculars will completely seal out the elements.

  Some binoculars have nitrogen-filled interiors to eliminate fogging and prevent dust from collecting on the interior of the lenses.
- **Lens coatings:** Many binoculars have lens and prism coatings that reduce the amount of light reflected back or dissipated from the lens, thus enhancing the quality of the image. These optical coatings also cut glare that can cause eyestrain when you use binoculars for long stretches of time. Multiple lens coatings are a sign of quality binoculars.

Need more info? Visit "Learn & Share" on www.rei.com

SPECS ON BACK

Recycled Paper

BINOCULARS & MONOCULARS

COMPACT	Item #	Magnification	Exit Pupil (mm)	Relative Brightness	Eye Relief (mm)	Field of View at 1,000 yds.	Real Angle of View	Apparent Angle of View	Min. Focus	Size (in.)	Weight (oz.)	Added Protection	Price*
Nikon Sportstar III 10 x 25	668053	10x	2.5	6.3	10	340'	6.5°	65°	11'5"	4.5 x 4	10.4	NA	$85
REI 8 x 25 Compact	408016	8x	3.13	9.8	11	393'	5°	60°	9'10"	4 x 3.5 x 1.5	9	High-impact plastic	$90
Brunton Lite-Tech Compact 8 x 25	695615	8x	3.1	9.61	9.8	429'	8.2°	65.6°	15'	5.2 x 4.5 x 1.6	14	Rubber armor	$99
Brunton Lite-Tech Compact 10 x 25	695616	10x	2.5	6.25	8.8	325'	6.2°	62°	16'6"	5.2 x 4.5 x 1.6	14	Rubber armor	$99
Minolta Compact II 8 x 25	678964	8x	3.1	9.8	15.2	351'	6.7°	53.6°	7'6"	4.2x 4.2 x 2	8.8	NA	$99
REI 10 x 25 Compact	408017	10x	2.5	6.25	9	315'	6°	60°	9'10"	4 x 3.5 x 2	9	High-impact plastic	$100
Minolta Compact II 10 x 25	678966	10x	2.5	6.3	10	351'	6.7°	67°	7'6"	4.2 x 4 x 2	8.6	NA	$109
Nikon Travelite V 9 x 25	651569	9x	2.8	7.8	12.2	294'	5.6°	50.4°	9'10"	4.6 x 4.4	9	Rubber armor	$135
Minolta Activa Pocket 10 x 25	643134	10x	2.5	6.25	17	261'	5°	50°	9'10"	4.3 x 2.6 x 1.8	10.4	Weatherproof	$190
Nikon Eagleview Zoom II 8–24 x 25	669381	8x–24x	3.1 (8x)	9.6 (8x)	13 (8x)	240' (8x)	4.6° (8x)	36.8° (8x)	13'	4.7 x 4.3	12.5	Elastomer coating	$195
Minolta Activa 8–22 x 27 FM Zoom	678963	8x–22x	3.4–1.2	11.4–1.5	17.5–10.5	225'–111'	4.3°–2.1°	34.4°–46.2°	9'10"	4.92 x 4.5 x 2.26	13	Rubber coating	$210
Brunton Eterna 8 x 25	669280	8x	3.1	9.6	18.5	270'	5.15°	41.2°	6'	4.75 x 3.75 x 1.75	12	Rubber armor	$229
FULL SIZE													
Nikon Action 7 x 35	679227	7x	5	25	11.9	487'	9.3°	65.1°	16'5"	6.7 x 4.8 x 2.25	24.3	Polycarbonate body	$125
Brunton Lite-Tech 8 x 32	669391	8x	4	16	13.6	392'	7.5°	60°	11'	5.25 x 5 x 2	20.6	Rubber armor	$219
Brunton Lite-Tech 10 x 42	669392	10x	4.2	17.64	11	314'	6°	60°	15'	6.13 x 5 x 2	24.5	Rubber armor	$229
MONOCULARS													
Brunton Lite-Tech Penscope 5 x 10	662887	5x	2	4	9	280'	5.34°	26.7°	25'	4.125 x .625	1.77	Rubber housing	$39
REI 8 x 21 Armored	609680	8x	2.6	6.76	10	367'6"	7°	56°	7'2"	3.75 x 1.25	3	Rubber housing	$40

FOOTNOTES:

***Prices subject to change and are for comparison only. Specs based on manufacturers' information available at time of publication.**
NA = not applicable; UA = spec unavailable.

Recycled Paper

REI

PRODUCT INFORMATION

COMPASSES

QUICK TIPS

A compass and a GPS receiver complement each other. A GPS unit doesn't replace a compass.

Sophisticated compasses offer such features as a sighting mirror, declination adjustment and a magnifying lens.

A few digital models even have features such as route memory or watch functions.

PRECISION
Most compasses have a rotating bezel with degree marks: We list how many degrees are between them. For both traditional and digital models, low numbers indicate great precision.

RULER
Measurements on the ruler correspond to the scales on topographic maps, to aid in determining distances on a map.

SIGHTING MIRROR
Improves precision by folding out to let you simultaneously see your bearing and sight on a distant landmark. It's also a handy personal mirror or an emergency signaling device.

DECLINATION ADJUSTMENT
A compass needle points to magnetic north, not true north. That difference is known as "declination." Adjustable declination lets you preset this value, simplifying navigation.

CLINOMETER
A clinometer measures vertical angles and is used to determine slope steepness. That's helpful in assessing avalanche danger.

MAGNIFYING LENS
Helps you discern map details more easily.

ATTACHMENT METHOD
A lanyard (or wristband) tethers to your wrist: a must for adventure racing or orienteering.

Need more info? Visit "Learn & Share" on www.rei.com

	Item #	Precision	Ruler	Sighting Mirror	Declination Adjustment	Clinometer	Magnifying Lens	Attachment Method	Weight	Dimensions (in.)	Price*
REI MINI†	408059	10°						KEY RING	0.3 OZ.	2 X 1.1	$7
SILVA SPORTSMAN TOOL†	669811	10°					X	LANYARD	0.8 OZ.	3.2 X 1.2	$7
SILVA FORECASTER†	408128	5°						KEY RING	1 OZ.	2.5 X 1.5	$9
BRUNTON NEXUS STAR 7DNL	618187	2°	X		‡			LANYARD	1 OZ.	3 X 2	$10
SUUNTO A-10 PARTNER II	646525	2°	X		‡			LANYARD	0.8 OZ.	3.5 X 2.25	$10
BRUNTON CLASSIC 9020G	408023	2°	X		X				1.1 OZ.	3.5 X 2.5	$11
SILVA POLARIS 177	408040	2°	X		‡				1 OZ.	3 X 2	$14
BRUNTON NEXUS AVALANCHE 26DNL-CL	652909	2°	X	X	‡	X			1.2 OZ.	2.75 X 2.3	$20
SILVA GUIDE GRAPHITE 426	408185	2°	X	X	‡				1.2 OZ.	2.75 X 2.5	$20
SUUNTO M-2D	408011	2°	X		‡		X	LANYARD	1.2 OZ.	3.5 X 2.4	$20
SILVA EXPLORER 203W W/MAP WHEEL	627882	2°	X		‡		X	LANYARD	1.5 OZ.	4.25 X 2.25	$22
SUUNTO A-40L CONTOUR W/MAP MEASURER	641702	2°	X		‡		X	LANYARD	1.3 OZ.	4.2 X 2.2	$22
SUUNTO MCB AMPHIBIAN	653748	2°	X	X	‡			LANYARD	1.4 OZ.	5 X 2.5	$22
HIGH GEAR TRAILPILOT†§	691516	5°						KEY RING	1 OZ.	2.75 X 1.75	$25
SILVA LANDMARK 427	652884	5°	X	X				LANYARD	1 OZ.	2 X 1.75	$25
SUUNTO M-3D LEADER	408150	2°	X		‡		X	LANYARD	1.6 OZ.	4.8 X 2.4	$30
SUUNTO M-9 WRIST	408083	5°						WRISTBAND	1.2 OZ.	1.9 X 1.6	$30
BRUNTON 8097 ECLIPSE	652907	1°	X		X		X	LANYARD	1.9 OZ.	4.7 X 2.7	$35
BRUNTON 8096 ECLIPSE GPS	652908	1°	X		X		X	LANYARD	1.7 OZ.	5.2 X 2.75	$35
SUUNTO M-5DL CONTENDER	614256	2°	X		‡		X	LANYARD	2 OZ.	5 X 2.4	$36
SUUNTO GPS PLOTTER	627880	2°	X		‡			LANYARD	2 OZ.	5.5 X 2.75	$40
SILVA RANGER 15 TDCL	408031	2°	X	X	X	X		LANYARD	3 OZ.	4 X 2.5	$55
BRUNTON NOMAD DIGITAL**	683805	1°			X			LANYARD	3.6 OZ.	4.1 X 2.5	$60
HIGH GEAR TECHTRAIL III**	691538	1°			X				2 OZ.	2 X 1.75	$65
SUUNTO KB-20 VISTA OPTICAL	641699	1°						LANYARD	2.5 OZ.	3 X 2.2	$70
SUUNTO MC-2G	652898	2°	X	X	‡	X	X	LANYARD	2.6 OZ.	3.9 X 2.5	$70
BRUNTON 8099 ECLIPSE	638694	1°	X	X	X	X	X	LANYARD	3.6 OZ.	4.25 X 2.5	$79

FOOTNOTES:

***Prices subject to change and are for comparison only. †Good for quick orientation, but not for precise map-and-compass work. ‡Doesn't allow declination to be preset, but does provide a scale to calculate declination adjustment. §Has a thermometer that is powered by batteries (included). **Powered by batteries (included). NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information.**

Recycled Paper

REI PRODUCT INFORMATION

FIRST AID

QUICK TIPS

A first-aid kit is one of the 10 essentials that you need to pack along on any outdoor adventure.

Make sure you know first-aid basics before you leave home; always carry a manual.

HOW TO CHOOSE FIRST-AID KITS

- Whether you're choosing a pre-assembled kit or building your own, make sure you carry the supplies that match your trip plans. Here are a few things to consider:
- The size of your group
- Your trip's duration
- The potential hazards of your route
- The distance to reach professional medical assistance

PRE-ASSEMBLED KITS

Most beginning backpackers and first-time campers choose pre-assembled first-aid kits as a matter of convenience rather than building their own. It's an easy way to make sure you haven't forgotten any of the basics. Most kits are compact, water-resistant pouches or plastic boxes that can refilled and reused.

THE ESSENTIALS

There are some items every first-aid kit should include. Here are a few you should look for:

- **A manual**: A comprehensive, easy-to-follow first-aid instruction booklet that clearly explains how to handle basic problems.
- **Basic bandages**: Assorted adhesive bandages, gauze pads, butterfly strips and adhesive tape.
- **Basic drugs/lotions**: Pain reliever, antihistamine, antibiotic wipes and lotion.
- **Basic tools**: Tweezers, scissors, cotton swabs,thermometer (non-mercury), safety pins and accident report forms.
- **Miscellaneous items**: Sting relief, examination gloves and CPR shield.

THE EXTRAS

For long trips and difficult routes, you may wish to include a larger selection of items such as:

- **Additional bandages**: Ace bandages, trauma pads, roller gauze, steri-strips and triangular bandages.
- **Additional drugs/lotions**: Diomode, antacid, Motrin®, Tylenol®, Betadine® solution and After-Bite® Sting Relief.
- **Additional tools**: Splints, irrigation syringe and dental kits.

FINAL THOUGHTS

Remember: Update your first-aid skills from time to time so you don't forget important procedures. Check with your local community center or hospital and sign up for a class.

Need more info? Visit "Learn & Share" on www.rei.com

Group Size	Activity	Trip Duration & Recommended Kit			
		1–2 Days	3–4 Days	5–7 Days	8–14 Days
1–2 people	Low Risk	Mini Trail Basic	Hiker Trail Day Tripper	Hiker Trail Day Tripper	Hiker Trail Day Tripper
	High Risk or Remote*	Hiker Trail Day Tripper	Hiker Trail Day Tripper	Backpacker Weekender	Weekender Fundamentals
3–4 people	Low Risk	Hiker Trail Day Tripper	Hiker Trail Day Tripper	Hiker Trail Day Tripper	Backpacker Weekender
	High Risk or Remote*	Hiker Day Tripper	Backpacker Weekender	Backpacker Weekender	Fundamentals
5+ people	Low Risk	Hiker Day Tripper	Hiker Day Tripper	Backpacker Weekender	Backpacker Weekender
	High Risk or Remote*	Backpacker Weekender	Backpacker Weekender	Fundamentals	Comprehensive

FOOTNOTES:

*Remote means more than 1 hour from medical care.

SPECS INSIDE

Recycled Paper

			First-Aid Instruction			Bandage Materials												Blister Material			
FIRST-AID KITS	Item#	Price*	First-Aid Manual	Guide to Life-Threatening Emergencies	Instructional Leaflet	Strip/Knuckle/Fingertip Bandage	Gauze Pads	Gauze Roller Bandage	Non-Adherent Pads	Wound-Closure Strips	Butterfly-Closure Strips	Adhesive Tape	Trauma Pads	Elastic Bandage	Stockinette Bandage	Eye Pads	Triangular Bandage	Moleskin	Molefoam	Spenco Second Skin®	Non-Woven Adhesive Bandage
Adventure Medical Pocket Medic	620353	$5.95				6	2				2							1			
Sawyer First Aid for Kids	631061	$5.95	6-Note Cards			5	2	1			2	1					1				
Adventure Medical Go Outdoors	653989	$8.50				5					2							2			
REI Basic	407048	$10	1			12	6	1			4	1		1				1			
Outdoor Research Mini	407033	$11.50				10			2			1						1			
Adventure Medical Dental Medic	646523	$12.50			X		5														
Adventure Medical Ultralight .7	695383	$19.95				7	8	1	2		3	1		1				1			
REI Trail	640986	$22.95	X			10	8	1	2		3	1	1	1				1			
REI Hiker	610714	$24.95	X			20	6	2	2		6	1	1	1				2			
Adventure Medical Personal Essentials	653990	$34.95	X	X		7	6		2		2	1						1			
Adventure Medical Day Tripper	407196	$35.95	X	X		10	8	2	2		5	1	1	1				1	1		
Adventure Medical Cuts and Bolts†	669169	$39.95	X			15	4		2		2	1	1					1			
REI Backpacker	610715	$40	X			21	16	2	2		10	1	1	1				4			
Adventure Medical Weekender	628038	$52.95	X	X		10	6	2	2	10		1	1	1			1	1		1	1
Adventure Medical Fundamentals	628039	$79.95	X	X		13	4	2	3	10		1	2	1	1	2	1	1		2	1
Adventure Medical Comprehensive	605739	$175	X	X		20	16	2	4	10		1	2	1	2	2	2	2	1	2	1

FOOTNOTES:

***Prices subject to change and are for comparison only. NA = not applicable. Specs based on manufacturers' information available at time of publication. † Kit also includes materials to repair damaged gear. ‡ Plastic box.**

Recycled Paper

Medications															Wound Management													Infection Control				
Extra-Strength Tylenol®	Motrin®	Orasol®	Acetaminophen	Ibuprofen	Analgesic Tablets	Antihistamine	Antacid Tablets	Dristan® Cold/Flu	Diomode	Mylanta®	Oral Rehydration Salts	Glucose Paste	Triple Antibiotic Ointment	Double Antibiotic Ointment	Antibiotic Ointment	Tincture of Benzoin	Cortisone Cream	Tinactin® Antifungal Cream	20cc Irrigation Syringe	12cc Irrigation Syringe	Povidone Iodine Solution	Betadine Solution®	Antibacterial Wipes	After Bite® Sting Relief	Sting Wipes	Aloe Vera Gel	Nitrile Examination Gloves	Latex Medical Gloves	Resealable Poly Bag	Antimicrobial Wipes
	4													2									3		1					
																												1 pair		
2	2					2																	2	2						
			10				8						3										3						1	
					12										2								4						1	
		1																												
	8					2									3	1							5	2			1 pair			
4				4		2							3			1							3				1 pair		1	
			4	4		2							3										4				1 pair			
4	4					2								2		1							3				1 pair		1	1
4	4					2								3		2							6	3			1 pair		1	1
2	2					1								2		1							3		1		1 pair		1	1
			4	6		4							3				2			1		1			3	1				1
4	4					2								3		2			1		1		6				1 pair		1	1
8	8					4								3		2			1		2		6			1	2 pair		1	2
10	10					6		10	6	8	2	1		4		3	3	3	1		2		6		3	1	3 pair		1	3

FOOTNOTES:

CONTINUED ON BACK

*Prices subject to change and are for comparison only.

NA = not applicable. Specs based on manufacturers' information. * Kit also includes materials to repair damaged gear.

Recycled Paper

	Essential Equipment																								Pouch type						
FIRST-AID KITS	Accident Report/Pencil	Scissors	EMT Shears	Splinter Forceps	Tweezer	Cotton Tip Swabs	Needle, Razor Blade (1 each)	Pill Vials	Safety Pins	Digital Thermometer	Non-Mercury Thermometer	Sam® Splint	Wire Splint, Bandage Scissors (1 each)	CPR Lifemask®	CPR Microshield®, Sawyer® Extractor (1 each)	Scalpel, Surgical Scrub Brush (1 each)	Dental Kit, Waterproof Matches (1 each)	Dental Wax, Temp. Dental Filling (1 each)	Tea Bag, Dental Floss (1 each)	Cotton Pellets	Toothpicks	Whistle	Duct Tape	Pouch	Zip-Close Organizer Pouch	Organizer Pouch with Outside Pockets	Organizer Pouch with Clear Vinyl Compartments	Pouch with Fold-Out Panels	Pouch with Loop Attachments
Adventure Medical Pocket Medic									2															X					
Sawyer First Aid for Kids					1				2													1		X					
Adventure Medical Go Outdoors				1																							X		
REI Basic		1			1				2															X‡					
Outdoor Research Mini							X																	X					
Adventure Medical Dental Medic																		X	X	5	3			X					
Adventure Medical Ultralight .7				1					3														1	X			X		X
REI Trail	1	1		1					2																		X	X	X
REI Hiker				1					3																X			X	X
Adventure Medical Personal Essentials			1	1		2			3					1										X					
Adventure Medical Day Tripper	1	1		1		2			3																X		X		X
Adventure Medical Cuts and Bolts†				1					3														1		X		X		X
REI Backpacker	2			1		4		4	3				X												X		X	X	X
Adventure Medical Weekender	1		1	1		2			3		1			1									1		X	X	X		X
Adventure Medical Fundamentals	1		1	1		4		2	3		1	1		1									1		X	X	X	X	X
Adventure Medical Comprehensive	3		1	1		4		4	3	1		1			X	X	X						1	X	X	X	X	X	X

FOOTNOTES:

***Prices subject to change and are for comparison only. NA = not applicable. Specs based on manufacturers' information available at time of publication. † Kit also includes materials to repair damaged gear. ‡ Plastic box.**

Recycled Paper

REI PRODUCT INFORMATION

FOOD

QUANTITY DISCOUNT

Get 10% off when you buy any 12 full-price freeze-dried food items.

Get 20% off when you buy any 12 full-price performance bars, gels or beverages.

SERVING SIZES

To see how a company's serving sizes compare to your own, prepare some entrees at home. You can also do taste comparisons then.

FOOD IN THE BACKCOUNTRY

Human food is powerfully attractive to mice, squirrels, chipmunks, pikas, raccoons, goats, marmots, bears, jays, deer and other animals.

Store all food, scented items, and packaging in sealed containers away from camp. Check with rangers about rules in their area. Always wash dishes at least 200 feet from any water source and your camp.

HOW TO CHOOSE ENERGY FOODS

Consider the following questions:

Is Your Activity Strenuous?
The harder you work, the more nutrients your body loses. Energy bars are an optimum blend of nutrients for backpacking and other extended rigorous pursuits.

How Continuous Is Your Activity?
Energy gels and sport drinks are ideal for activities with few breaks: runs, triathlons, marathons or bike races, for example.

Do You Have Special Diet Needs?
On a low-fat diet? Energy drinks are fat free. Do you have a high metabolism that requires a diet higher in calories? Energy bars may be a better alternative for you. We offer nutrition details in the charts below and on the following pages.

Need more info? Visit "Learn & Share" on www.rei.com

BREAKFAST CEREAL	Item#	Net Weight	Serving Size	Servings per Container	Calories per Serving	Total Fat per Serving	Cholesterol per Serving	Sodium	Carbohydrates per Serving	Protein	Price*
ALPINEAIRE BLUEBERRY HONEY GRANOLA W/MILK	512074	6.5 OZ.	¾ CUP	2	340	2g	5g	125mg	67g	15g	$4.25
ALPINEAIRE FIVE GRAIN HOT CEREAL	510042	5 OZ.	1 CUP	2	270	1g	0mg	105mg	30g	10g	$3.75
ALPINEAIRE STRAWBERRY HONEY GRANOLA W/MILK	512020	6.5 OZ.	1 CUP	2	300	4.9g	5g	187mg	49g	15g	$4.25
MSR OUTBACK OATMEAL	633246	5 OZ.	2.5 OZ.	2	280	7g	0mg	105mg	45g	10g	$5.75
RICHMOOR NATURAL HIGH RASPBERRY GRANOLA W/MILK	510033	6.5 OZ.	¾ CUP	2	380	10g	0mg	170mg	62g	13g	$3.50
RICHMOOR NATURAL HIGH STRAWBERRY GRANOLA W/MILK	510112	6.5 OZ.	¾ CUP	2	380	10g	0mg	170mg	61g	14g	$3.50
MSR MOUNTAIN GOURMET HOT-N-CREAMY CEREAL	679857	3.8 OZ.	¾ CUP	1.5	270	5g	0mg	120mg	47g	13g	$5.75
MOUNTAIN HOUSE GRANOLA W/BLUEBERRIES	510121	4 OZ.	1 CUP	1	500	14g	15g	100mg	79g	13g	$3.60
BREAKFAST EGGS											
WAKEFIELD EGG MIX	512045	6 OZ.	½ CUP	10	90	6g	210mg	105mg	4g	6g	$2
ALPINEAIRE BANDITO SCRAMBLE	626433	3.5 OZ.	3 EGGS	2	220	11g	370mg	620mg	19g	11g	$5.25
BACKPACKER'S PANTRY DENVER OMELETTE	605327	3 OZ.	5 OZ.	2	200	12g	285mg	290mg	9g	13g	$3.40
BACKPACKER'S PANTRY HUEVOS RANCHEROS	618926	3.5 OZ.	5 OZ.	2	240	14g	245mg	740mg	13g	17g	$3
MOUNTAIN HOUSE CHEESE OMELETTE	510118	2.4 OZ.	½ CUP	2	180	12g	390mg	500mg	6g	13g	$3.60
MOUNTAIN HOUSE EGGS W/BACON	510119	2.2 OZ.	½ CUP	2	150	9g	395mg	420mg	4g	11g	$4.10
RICHMOOR NATURAL HIGH CHEESE OMELETTE	510117	2.78 OZ.	½ CUP	2	230	15g	270mg	430mg	7g	18g	$3.25
RICHMOOR NATURAL HIGH MEXICAN OMELETTE	510091	3.75 OZ.	½ CUP	2	260	20g	315mg	620mg	15g	20g	$3.25
RICHMOOR NATURAL HIGH PEASANT OMELETTE	512016	3.25 OZ.	½ CUP	2	220	11g	185mg	380mg	12g	19g	$3.25
RICHMOOR NATURAL HIGH SPINACH CHEESE OMELETTE	618773	3 OZ.	½ CUP	2	250	16g	285mg	470mg	8g	20g	$3.25
MOUNTAIN HOUSE PRE-COOKED EGGS W/BACON	510120	2.6 OZ.	1 CUP	1	370	23g	680mg	1,360mg	12g	27g	$4.30
BREAKFAST MISCELLANEOUS											
BACKPACKER'S PANTRY BUTTERMILK PANCAKE MIX	512052	11 OZ.	2 PANCAKES	4	280	5g	10mg	900mg	51g	9g	$2.75
BACKPACKER'S PANTRY MAPLE SYRUP MIX	512053	6 OZ.	¼ CUP	4	160	0g	0mg	130mg	42g	0g	$1.50
RICHMOOR HASH BROWNS O'BRIEN—FOUR SERVINGS	512033	6.25 OZ.	½ CUP	4	160	0g	0mg	35mg	36g	4g	$3.25
ALPINEAIRE BLUEBERRY CINNAMON PANCAKE BATTER	512004	6.5 OZ.	4 PANCAKES	3	369	8g	120mg	580mg	63g	6g	$4.50
MOUNTAIN HOUSE PORK SAUSAGE PATTIES	510093	1.6 OZ.	1 PATTY	2	110	6g	45mg	530mg	1g	12g	$4.75
RICHMOOR HASH BROWNS O'BRIEN—TWO SERVINGS	512024	3 OZ.	½ CUP	2	160	0g	0mg	35mg	36g	4g	$1.95
RICHMOOR MAPLE OAT SCONES	670369	8 OZ.	2 ROLLS—3" ROUND	2	430	4g	30mg	750mg	93g	7g	$3.50
RICHMOOR NATURAL HIGH CINNAMON ROLLS	670368	7.25 OZ.	2 ROLLS—3" ROUND	2	390	1.5g	0mg	570mg	89g	7g	$3.50

FOOTNOTES:

MORE

*Prices subject to change and are for comparison only.
NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information.

Recycled Paper

DESSERT	Item#	Net Weight	Serving Size	Servings per Container	Calories per Serving	Total Fat per Serving	Cholesterol per Serving	Sodium	Carbohydrates per Serving	Protein	Price*
MOUNTAIN HOUSE BLUEBERRY CHEESECAKE	618955	7.2 OZ.	½ CUP	4	190	5g	10mg	280mg	32g	4g	$5.30
MOUNTAIN HOUSE RASPBERRY CRUMBLE	610186	5.1 OZ.	½ CUP	4	150	3g	0mg	75mg	31g	1g	$5.50
ALPINEAIRE BANANAS FOSTER	651590	4 OZ.	2 OZ.	2	250	5g	15mg	75mg	47g	2g	$5.75
ALPINEAIRE DEEP-DISH PEACH CRUMBLE	651587	4 OZ.	2 OZ.	2	220	3g	0mg	35mg	48g	2g	$5.75
ALPINEAIRE MOUNTAIN BLACKBERRY CHEESECAKE	651589	4.5 OZ.	2.25 OZ.	2	670	13g	65mg	490mg	134g	6g	$5.50
BACKPACKER'S PANTRY CHEESECAKE	611380	5 OZ.	½ CUP	2	270	9g	30mg	490mg	38g	9g	$3.50
MSR BLUEBERRY BLONDIES	684278	4.7 OZ.	6 BROWNIES	2	290	12g	5mg	280mg	43g	5g	$6.95
MSR CHOCOLATE CHIP COOKIES	652615	4.8 OZ.	6 COOKIES	2	260	7g	0mg	310mg	49g	5g	$5.25
MSR MARY JANE'S BROWNIES	684275	4.7 OZ.	6— 2" BROWNIES	2	280	12g	0mg	260mg	42g	6g	$5.50
MSR PEANUT BUTTER BLONDIES	684277	4.8 OZ.	6 BROWNIES	2	290	10g	0mg	310mg	41g	9g	$5.25
RICHMOOR NATURAL HIGH CHOCOLATE CHEESECAKE	652579	5.75 OZ.	⅔ CUP	2	320	5g	80mg	370mg	61g	13g	$3.50
RICHMOOR NATURAL HIGH CHOCOLATE FUDGE MOUSSE	516001	5 OZ.	¾ CUP	2	300	8g	260mg	25mg	51g	10g	$3.50
RICHMOOR NATURAL HIGH CINNAMON APPLE CRISP	636922	4 OZ.	¾ CUP	2	230	2g	5mg	25mg	54g	2g	$3.50
RICHMOOR NATURAL HIGH FRENCH VANILLA MOUSSE W/RASPBERRIES	626170	4.25 OZ.	¾ CUP	2	240	2g	12mg	230mg	48g	9g	$3.50
RICHMOOR NATURAL HIGH FUDGE BROWNIES	688835	3.75 OZ.	3 BROWNIES	2	210	5g	5mg	210mg	39g	6g	$3.50
RICHMOOR NATURAL HIGH LEMON PUDDING CAKE	688836	5.75 OZ.	1 PIECE 3" CAKE	2	310	2.5g	50mg	540mg	63g	9g	$3.50
RICHMOOR NATURAL HIGH THREE BERRY COBBLER	652585	3.75 OZ.	¾ CUP	2	220	2g	5mg	140mg	51g	2g	$3.50
BACKPACKER'S PANTRY HOT APPLE COBBLER	618954	5 OZ.	7 OZ.	2	290	5g	0mg	380mg	59g	3g	$2.90
MOUNTAIN HOUSE ICE CREAM SANDWICH	636900	1.1 OZ.	1 SANDWICH	1	170	7g	15mg	160mg	25g	2g	$1.95
MOUNTAIN HOUSE NEAPOLITAN ICE CREAM BAR	636897	0.75 OZ.	1 BAR	1	100	5g	20mg	40mg	12g	2g	$1.85
ENTREES BEEF											
MOUNTAIN HOUSE BEEF STROGANOFF FAMILY DINNER	610183	9.6 OZ.	1 CUP	4	260	11g	20mg	880mg	31g	11g	$10
MOUNTAIN HOUSE HEARTY STEW W/BEEF FAMILY DINNER	618942	7.5 OZ.	1 CUP	4.5	170	2g	20mg	1,030mg	27g	12g	$10.40
RICHMOOR NATURAL HIGH BEEF STROGANOFF & WILD RICE	626165	11.75 OZ.	1¼ CUP	4	360	8g	55mg	820mg	49g	23g	$10.75
MOUNTAIN HOUSE BEEF STROGANOFF FOR TWO	510134	4.8 OZ.	1 CUP	2.5	260	11g	20mg	880mg	31g	11g	$5.90
MOUNTAIN HOUSE BEEF TERIYAKI & RICE	510130	5.8 OZ.	1 CUP	2.5	260	4g	15mg	910mg	44g	12g	$6.80
MOUNTAIN HOUSE CHILI MAC W/BEEF	510146	4.8 OZ.	1 CUP	2.5	240	7g	15mg	640mg	31g	12g	$4.80
MOUNTAIN HOUSE HEARTY STEW W/BEEF FOR TWO	510140	3.7 OZ.	1 CUP	2.5	170	2g	20mg	1,030mg	27g	12g	$5.70
MOUNTAIN HOUSE MACARONI & CHEESE W/BEEF	668547	5.29 OZ.	1 CUP	2.5	280	9g	35mg	820mg	32g	13g	$5.90
MOUNTAIN HOUSE POTATOES & BEEF W/ONIONS	668549	4.8 OZ.	1 CUP	2.5	230	6g	20mg	600mg	34g	10g	$5
ALPINEAIRE BEEF STROGANOFF W/NOODLES	514186	5.5 OZ.	1½ CUP	2	300	9g	55mg	1,020mg	36g	20g	$7
ALPINEAIRE BLACK BART CHILI W/BLACK BEANS	510100	6 OZ.	1¼ CUP	2	320	4.5g	35mg	1,430mg	30g	29g	$7
ALPINEAIRE MOUNTAIN CHILI	514001	6 OZ.	1½ CUP	2	290	2g	0mg	1,070mg	46g	22g	$5.75
BACKPACKER'S PANTRY ITALIAN PASTA W/BEEF	652540	7.75 OZ.	13 OZ.	2	420	10g	70mg	1,140mg	59g	24g	$6.50
RICHMOOR NATURAL HIGH BBQ BEEF	636921	6.25 OZ.	1¼ CUP	2	330	2.5g	0mg	1,140mg	65g	15g	$6.25
RICHMOOR NATURAL HIGH BEEF ENCHILADA	*510087	6.75 OZ.	1¼ CUP	2	450	15g	40mg	700mg	57g	21g	$6.75
RICHMOOR NATURAL HIGH BEEF STROGANOFF W/WILD RICE	514070	5.88 OZ.	1¼ CUP	2	360	8g	55mg	820mg	49g	23g	$6.75
RICHMOOR NATURAL HIGH CLASSIC BEEF STROGANOFF W/NOODLES	626160	5.63 OZ.	1¼ CUP	2	330	9g	25mg	820mg	44g	18g	$6.25
RICHMOOR NATURAL HIGH CLASSIC CHILI MAC W/BEEF	626161	5.63 OZ.	1¼ CUP	2	290	2.5g	0mg	770mg	54g	14g	$5.75
BACKPACKER'S PANTRY BEEF STROGANOFF	605337	6.8 OZ.	13 OZ.	2	310	10g	40mg	810mg	36g	16g	$6.50
MOUNTAIN HOUSE BEEF STROGANOFF FOR ONE	510124	3 OZ.	1 CUP	1	390	16g	25mg	1,320mg	46g	17g	$3.70
MOUNTAIN HOUSE HEARTY BEEF STEW FOR ONE	605998	2.6 OZ.	1 CUP	1	280	3.5g	35mg	1,690mg	44g	18g	$3.70
ENTREES CHICKEN											
MOUNTAIN HOUSE RICE & CHICKEN FAMILY DINNER	618933	12.7 OZ.	1 CUP	4	310	11g	20mg	1,140mg	46g	9g	$10.10
RICHMOOR NATURAL HIGH HONEY LIME CHICKEN FAMILY DINNER	626163	11.75 OZ.	1¼ CUP	4	310	14g	15mg	580mg	60g	14g	$10.75
MOUNTAIN HOUSE CHICKEN A LA KING NOODLES	510135	6.4 OZ.	1 CUP	2.5	300	10g	75mg	1,120mg	35g	20g	$6.80
MOUNTAIN HOUSE CHICKEN POLYNESIAN & RICE	510132	4.7 OZ.	1 CUP	2.5	220	4g	25mg	820mg	36g	10g	$6.70
MOUNTAIN HOUSE CHICKEN STEW	510141	4.8 OZ.	1 CUP	2.5	240	9g	40mg	930mg	27g	12g	$6.40
MOUNTAIN HOUSE CHICKEN TERIYAKI W/RICE	510129	5 OZ.	1 CUP	2.5	240	2.5g	20mg	870mg	42g	11g	$6.80
MOUNTAIN HOUSE NOODLES AND CHICKEN	510147	4.7 OZ.	1 CUP	2.5	220	4g	40mg	1,140mg	35g	10g	$5.90
MOUNTAIN HOUSE RICE & CHICKEN DINNER FOR TWO	510142	6.4 OZ.	1 CUP	2.5	310	11g	20mg	1,140mg	46g	9g	$5.90
MOUNTAIN HOUSE SPICY TERIYAKI CHICKEN & VEGETABLES W/RICE	510138	5.4 OZ.	1 CUP	2.5	240	5g	15mg	860mg	36g	13g	$6.80
ALPINEAIRE BROWN RICE & CHICKEN	514037	6.5 OZ.	1½ CUP	2	310	5g	35mg	960mg	41g	22g	$7
ALPINEAIRE CHICKEN GUMBO	610582	5.5 OZ.	1¼ CUP	2	520	3g	20mg	1,420mg	102g	21g	$7
ALPINEAIRE CHICKEN PRIMAVERA	514185	5 OZ.	1⅓ CUP	2	240	1g	25mg	740mg	39g	17g	$7
ALPINEAIRE DICED CHICKEN	636936	1 OZ.	⅓ CUP	2	90	1g	70mg	20mg	0g	20g	$5
ALPINEAIRE ORIENTAL CHICKEN SALAD	670246	4.27 OZ.	1 CUP	2	300	19g	0mg	660mg	14g	17g	$6.50
ALPINEAIRE SIERRA CHICKEN	514003	6 OZ.	1 CUP	2	280	2g	25mg	610mg	45g	20g	$7
ALPINEAIRE SUMMER CHICKEN	510099	5.5 OZ.	1½ CUP	2	300	7g	55mg	660mg	33g	22g	$7.50
BACKPACKER'S PANTRY JAMAICAN BBQ CHICKEN	605330	6.4 OZ.	11 OZ.	2	310	2g	15mg	510mg	60g	16g	$6
BACKPACKER'S PANTRY KUNG PAO CHICKEN	670341	7.8 OZ.	13 OZ.	2	420	9g	15mg	980mg	67g	23g	$6.95
BACKPACKER'S PANTRY SANTA FE CHICKEN W/RICE	605334	7.7 OZ.	13 OZ.	2	400	6g	30mg	490mg	65g	24g	$8
RICHMOOR NATURAL HIGH CHICKEN & BROCCOLI	510086	4.75 OZ.	1¼ CUP	2	270	3g	30mg	900mg	43g	18g	$6.75
RICHMOOR NATURAL HIGH CHICKEN POT PIE	636923	6 OZ.	1¼ CUP	2	310	1g	30mg	1,120mg	58g	19g	$6.25
RICHMOOR NATURAL HIGH CHICKEN TERIYAKI	514062	5.5 OZ.	1¼ CUP	2	290	0.5g	14mg	480mg	57g	14g	$6.75

Recycled Paper

ENTREES CHICKEN (cont.)	Item#	Net Weight	Serving Size	Servings per Container	Calories per Serving	Total Fat per Serving	Cholesterol per Serving	Sodium	Carbohydrates per Serving	Protein	Price*
RICHMOOR NATURAL HIGH CLASSIC BARBECUE CHICKEN & RICE	626162	5.88 OZ.	1¼ CUP	2	300	1.5g	15mg	880mg	61g	14g	$6.25
RICHMOOR NATURAL HIGH HONEY LIME CHICKEN FOR TWO	514181	5.75 OZ.	1¼ CUP	2	310	14g	15mg	580mg	60g	14g	$6.75
RICHMOOR NATURAL HIGH HONEY MUSTARD CHICKEN	510030	5.75 OZ.	1¼ CUP	2	320	1.5g	25mg	570mg	59g	18g	$6.75
RICHMOOR NATURAL HIGH KUNG PAO CHICKEN	688833	5.25 OZ.	1¼ CUP	2	280	5g	20mg	850mg	41g	18g	$6.75
RICHMOOR NATURAL HIGH MANDARIN ORANGE CHICKEN	514073	5.25 OZ.	1¼ CUP	2	300	1g	20mg	530mg	58g	15g	$6.75
RICHMOOR NATURAL HIGH TEQUILA CHICKEN	688834	5.25 OZ.	1¼ CUP	2	290	7g	35mg	560mg	41g	17g	$6.75
RICHMOOR NATURAL HIGH THAI CHICKEN	618929	5.13 OZ.	1¼ CUP	2	290	2.5g	0mg	900mg	57g	10g	$6.75
BACKPACKER'S PANTRY OUTBACK OVEN CHICKEN POT PIE	626867	10.12 OZ.	1 SLICE	2	670	35g	20mg	610mg	77g	15g	$6.75
MOUNTAIN HOUSE RICE & CHICKEN DINNER FOR ONE	510126	4 OZ.	1 CUP	1	510	17g	35mg	1,840mg	74g	14g	$3.70
ENTREES MEXICAN											
MOUNTAIN HOUSE MEXICAN-STYLE CHICKEN W/RICE	604786	5.4 OZ.	1 CUP	2.5	240	5g	30mg	980mg	37g	13g	$6.50
RICHMOOR NATURAL HIGH CHEESE ECHILADA RANCHERO	514071	6.25 OZ.	1¼ CUP	2	420	17g	30mg	540mg	52g	14g	$5.75
RICHMOOR NATURAL HIGH CHICKEN FAJITAS	510029	5.75 OZ.	1¼ CUP	2	360	9g	25mg	900mg	51g	18g	$6.75
RICHMOOR NATURAL HIGH MEXICAN BEAN TOSTADA	514085	7.5 OZ.	1 CUP	2	460	14g	20mg	400mg	64g	20g	$5.75
BACKPACKER'S PANTRY BLACK BEAN TAMALE PIE	605333	8.75 OZ.	13 OZ.	2	470	8g	15mg	1,340mg	85g	19g	$6.50
ENTREES MISCELLANEOUS											
MOUNTAIN HOUSE POTATOES AND CHEESE W/BROCCOLI	668548	4.37 OZ.	½ CUP	2.5	210	4.5g	15mg	630mg	32g	9g	$4
MOUNTAIN HOUSE SWEET & SOUR PORK W/RICE FOR TWO	510139	6.1 OZ.	1 CUP	2.5	290	8g	25mg	810mg	43mg	11g	$6.80
BACKPACKER'S PANTRY KATMANDU CURRY W/LENTILS & POTATOES	605328	6.6 OZ.	15 OZ.	2	330	1.5g	0mg	1,390mg	63g	18g	$6
MSR MOUNTAIN GOURMET SMOKED SPUDS	652610	3.7 OZ.	1.9 OZ.	2	220	8g	20mg	520mg	29g	10g	$6.95
MOUNTAIN HOUSE SWEET & SOUR PORK W/RICE FOR ONE	510123	3.8 OZ.	1 CUP	1	480	14g	40mg	1,330mg	70g	18g	$4.20
ENTREES PASTA											
MOUNTAIN HOUSE LASAGNA W/MEAT SAUCE FAMILY DINNER	610184	9.6 OZ.	1 CUP	4	250	11g	30mg	660mg	25g	14g	$10.60
MOUNTAIN HOUSE PASTA PRIMAVERA FAMILY DINNER	610185	10.8 OZ.	1 CUP	4	250	7g	20mg	730mg	38g	9g	$10.10
MOUNTAIN HOUSE SPAGHETTI W/MEAT SAUCE FAMILY DINNER	610181	9 OZ.	1 CUP	4	230	7g	20mg	680mg	32g	12g	$8.30
MOUNTAIN HOUSE VEGETABLE LASAGNA	636895	3.7 OZ.	1 CUP	2.5	160	3g	5mg	550mg	26g	8g	$5.90
MOUNTAIN HOUSE LASAGNA W/MEAT & SAUCE FOR TWO	510145	4.8 OZ.	1 CUP	2.5	250	11g	30mg	660mg	25g	14g	$6
MOUNTAIN HOUSE PASTA PRIMAVERA FOR TWO	510137	5.4 OZ.	1 CUP	2.5	250	7g	20mg	730mg	38g	9g	$5.90
MOUNTAIN HOUSE SPAGHETTI W/MEAT SAUCE FOR TWO	510144	4.5 OZ.	1 CUP	2.5	230	7g	20mg	680mg	32g	12g	$5.20
ALPINEAIRE FOREVER YOUNG MACARONI & CHEESE	626863	7 OZ.	1½ CUP	2	400	13g	35mg	1,130mg	51g	20g	$5.75
ALPINEAIRE LEONARDO DA FETTUCINE	514206	5.5 OZ.	1½ CUP	2	310	8g	30mg	720mg	39g	13g	$5.75
ALPINEAIRE PASTA ROMA	514114	6 OZ.	1½ CUP	2	310	7g	25mg	830mg	41g	14g	$5.75
ALPINEAIRE SPAGHETTI MARINARA W/MUSHROOMS	514117	5.5 OZ.	1½ CUP	2	250	1g	40mg	320mg	11g	13g	$5.75
BACKPACKER'S PANTRY VEGETABLE & PARMESAN PASTA	605336	6.5 OZ.	11 OZ.	2	240	10g	30mg	850mg	29g	9g	$4.95
MSR MOUNTAIN GOURMET ALFREDO PASTA & CHEESE	633250	5 OZ.	2.5 OZ.	2	290	9g	25mg	270mg	41g	14g	$6.95
RICHMOOR NATURAL HIGH FETTUCINE PRIMAVERA	510041	4.25 OZ.	1¼ CUP	2	250	4g	25mg	580mg	43g	10g	$5.75
RICHMOOR NATURAL HIGH SPAGHETTI MARINARA	510031	4.75 OZ.	1¼ CUP	2	260	0.5g	0mg	1,140mg	52g	10g	$5.75
RICHMOOR NATURAL HIGH SUN-DRIED TOMATO PASTA	611378	4.25 OZ.	1¼ CUP	2	230	3g	10mg	750mg	43g	9g	$5.75
RICHMOOR NATURAL HIGH THREE CHEESE LASAGNA	626159	5.1 OZ.	1¼ CUP	2	260	4g	10mg	910mg	45g	15g	$6.25
RICHMOOR NATURAL HIGH ZUCCHINI LASAGNA	510040	4.25 OZ.	1¼ CUP	2	220	1.5g	10mg	900mg	45g	8g	$5.75
BACKPACKER'S PANTRY LASAGNA	605331	7 OZ.	13 OZ.	2	270	8g	20mg	850mg	35g	19g	$6.50
MSR MOUNTAIN GOURMET BUTTERED PASTA & HERBS	679850	4.1 OZ.	1 CUP	1.5	400	16g	35mg	460mg	52g	11g	$6.75
MSR MOUNTAIN GOURMET SANTA FE PASTA	679846	4.1 OZ.	1 CUP	1.5	300	11g	25mg	360mg	46g	14g	$6.95
MSR SPICY SESAME PASTA	679851	4 OZ.	1 CUP	1.5	380	6g	0mg	910mg	49g	11g	$6.95
MSR SWEET RED BELL PEPPER PASTA	684274	4 OZ.	1 CUP	1.5	330	9g	20mg	540mg	50g	16g	$6.95
MSR TOMATO PESTO PASTA	679847	4 OZ.	1 CUP	1.5	290	4.5g	5mg	430mg	52g	12g	$6.95
MOUNTAIN HOUSE LASAGNE W/MEAT SAUCE FOR ONE	510128	3 OZ.	1 CUP	1	380	16g	45mg	990mg	39g	21g	$3.70
MOUNTAIN HOUSE PASTA PRIMAVERA FOR ONE	510122	3.2 OZ.	1 CUP	1	370	11g	30mg	1,070mg	56g	14g	$3.70
MOUNTAIN HOUSE SPAGHETTI W/MEAT SAUCE FOR ONE	510127	2.8 OZ.	1 CUP	1	340	10g	25mg	990mg	46g	17g	$2.95
ENTREES VEGETARIAN											
MOUNTAIN HOUSE WILD RICE & MUSHROOM PILAF	625926	5.2 OZ.	1 CUP	2.5	240	4.5g	10mg	680mg	44g	7g	$5.90
ALPINEAIRE MUSHROOM PILAF W/VEGETABLES	514129	7 OZ.	1½ CUP	2	340	3g	0mg	770mg	65g	13g	$5.75
ALPINEAIRE SANTA FE BLACK BEANS & RICE	510102	6.5 OZ.	1½ CUP	2	330	1g	0mg	1,010mg	67g	11g	$5.75
BACKPACKER'S PANTRY LOUSIANA RED BEANS & RICE	605335	6 OZ.	13 OZ.	2	300	1g	0mg	1,190mg	62g	12g	$3.95
MSR MOUNTAIN GOURMET CHILIMAC	633251	6.5 OZ.	3.25 OZ.	2	370	11g	30mg	680mg	51g	20g	$6
MSR MOUNTAIN GOURMET KETTLE CHILI	633249	4.5 OZ.	2.25 OZ.	2	230	2g	0mg	510mg	39g	15g	$6.25
MSR MOUNTAIN GOURMET LENTIL CURRY COUSCOUS	633247	5 OZ.	2.5 OZ.	2	260	1g	0mg	640mg	49g	12g	$5.50
MSR MOUNTAIN GOURMET SWEET CORN & BLACK BEAN CHOWDER	652611	4 OZ.	2 OZ.	2	210	3g	5mg	310mg	39g	9g	$6.50
RICHMOOR NATURAL HIGH CARIBBEAN BLACK BEANS & RICE	626164	5.75 OZ.	1¼ CUP	2	300	1g	0mg	780mg	63g	11g	$5
RICHMOOR NATURAL HIGH THREE BEAN CHILI	510090	5.25 OZ.	1¼ CUP	2	270	1g	0mg	620mg	48g	16g	$5.75
BACKPACKER'S PANTRY GINGER TERIYAKI STIR FRY	670342	6.12 OZ.	12 OZ.	2	320	6g	0mg	1,300mg	59g	9g	$6.95
MSR MOUNTAIN GOURMET MAC-N-CHEESE & CHILI	679855	4.9 OZ.	1 CUP	1.5	390	12g	30mg	690mg	15g	20g	$6.95
MSR MOUNTAIN GOURMET WILD FOREST MUSHROOM COUSCOUS	679849	3.8 OZ.	1 CUP	1.5	270	4.5g	0mg	850mg	46g	11g	$6.95

FOOTNOTES:

MORE

*Prices subject to change and are for comparison only. NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information.

Recycled Paper

ENTREES SEAFOOD	Item#	Net Weight	Serving Size	Servings per Container	Calories per Serving	Total Fat per Serving	Cholesterol per Serving	Sodium	Carbohydrates per Serving	Protein	Price*
MOUNTAIN HOUSE SEAFOOD CHOWDER	619020	4.4 OZ.	1 CUP	2	200	5g	50mg	840mg	27g	12g	$6.40
ALPINEAIRE ALBACORE TUNA & CHEESE NOODLE CASSEROLE	514078	5.5 OZ.	1½ CUP	2	300	9g	20mg	600mg	39g	16g	$7
ALPINEAIRE SHRIMP NEWBURG	514079	6 OZ.	1½ CUP	2	330	6g	20mg	620mg	47g	11g	$7
RICHMOOR NATURAL HIGH THAI SHRIMP	670370	4.5 OZ.	1¼ CUP	2	250	3g	0mg	920mg	43g	13g	$6.75
ENTREES TURKEY											
MOUNTAIN HOUSE TURKEY TETRAZZINI FOR TWO	510136	4.3 OZ.	1 CUP	2	250	10g	35mg	800mg	24g	14g	$6
ALPINEAIRE DICED TURKEY	636938	1 OZ.	⅓ CUP	2	90	2g	70mg	35mg	0g	17g	$5
ALPINEAIRE MASHED POTATOES & COUNTRY GRAVY W/TURKEY	514208	5.75 OZ.	1½ CUP	2	260	24g	15mg	680mg	49g	13g	$5.50
ALPINEAIRE TERIYAKI TURKEY	514028	5.5 OZ.	1½ CUP	2	260	2g	40mg	460mg	47g	25g	$6.50
ALPINEAIRE WILD THYME TURKEY & RICE	514207	6.5 OZ.	1¼ CUP	2	350	10g	55mg	760mg	34g	19g	$7.50
RICHMOOR NATURAL HIGH HOMESTYLE TURKEY	652575	5.25 OZ.	1¼ CUP	2	270	1g	25mg	1,130mg	53g	14g	$6.25
MOUNTAIN HOUSE TURKEY TETRAZZINI FOR ONE	510125	2.7 OZ.	1 CUP	1	350	15g	50mg	1,150mg	35g	20g	$3.70
SIDE DISHES											
MSR MOUNTAIN GOURMET BLACK BEAN HUMMUS	633252	3.5 OZ.	2 TBS	8	50	1.5g	0mg	80mg	7g	2g	$5.25
MSR MOUNTAIN GOURMET INSTANT REFRIED BLACK BEANS	633254	4.5 OZ.	1.5 OZ.	3	150	1g	0mg	360mg	27g	9g	$5.50
ALPINEAIRE GARDEN VEGETABLES	515071	1.5 OZ.	½ CUP	2	80	0g	0mg	65g	16g	3g	$3.25
ALPINEAIRE GARLIC MASHED POTATOES	670249	3 OZ.	1 CUP	2	25	0.5g	0mg	130mg	0.5g	1g	$2
ALPINEAIRE MASHED POTATOES W/CHEDDAR CHEESE & CHIVES	515040	4 OZ.	1 CUP	2	215	7.6g	0mg	431mg	33g	3.5g	$3.75
ALPINEAIRE VEGETABLE MIX	515007	1.5 OZ.	½ CUP	2	70	0.5g	0mg	45mg	16g	3g	$3.25
BACKPACKER'S PANTRY FRUIT COCKTAIL	510054	3 OZ.	3 OZ.	2	150	0g	0mg	80mg	40g	1g	$4.50
BACKPACKER'S PANTRY GARLIC HERB MASHED POTATOES	626672	3.2 OZ.	9 OZ.	2	180	1g	0mg	105mg	35g	7g	$1.70
MOUNTAIN HOUSE GREEN BEANS	510149	0.42 OZ.	½ CUP	2	30	0g	0mg	0mg	6g	1g	$2.75
MSR MOUNTAIN GOURMET GARLIC FRY BREAD W/BASIL	633271	5.5 OZ.	2.25 OZ.	2	260	1g	0mg	860mg	55g	8g	$5.25
MSR MOUNTAIN GOURMET SKILLET FOCACCIA	652613	3 OZ.	1.5 OZ.	2	150	2g	5mg	510mg	27g	6g	$5.25
MSR ORGANIC CREAMY MASHED POTATOES	652616	3.7 OZ.	1.9 OZ.	2	220	7g	20mg	700mg	31g	9g	$6.95
MSR SPOON DROP SCONES	652614	5.5 OZ.	2.75 OZ.	2	280	5g	10mg	460mg	54g	7g	$5.25
CABIN CUISINE INSTANT SOUP	678439	1 OZ.	¾ CUP	1	25	2.5g	0mg	40mg	21g	2g	$1.40
MOUNTAIN HOUSE GARDEN GREEN PEAS	510148	1.1 OZ.	1 CUP	1	120	1g	0mg	110mg	20g	8g	$2.75
MOUNTAIN HOUSE GOLDEN SWEET WHOLE KERNEL CORN	510150	1.5 OZ.	1 CUP	1	180	3g	0mg	0mg	32g	6g	$2.90
PERFORMANCE FOOD BARS											
BALANCE BAR	630001	1.76 OZ.	1 BAR	1	190–200	6g	5mg	120–210mg	21–22g	14–15g	$1.35
BALANCE GOLD BAR	669997	1.76 OZ.	1 BAR	1	210	7g	5mg	90mg	23g	15g	$1.35
BALANCE OASIS	680040	1.69 OZ.	1 BAR	1	180	3g	0mg	250mg	22g	8g	$1.35
BALANCE OUTDOOR BAR	651936	1.76 OZ.	1 BAR	1	200	6g	> 5mg	75–140mg	21g	15g	$1.35
CLIF BAR	604787	2.4 OZ.	1 BAR	1	250	2–3g	0mg	135–290mg	50–52g	4–12g	$1.35
CLIF LUNA BAR	645165	1.69 OZ.	1 BAR	1	180	4g	0mg	125mg	27g	10g	$1.35
INTERMOUNTAIN TRADING BEAR VALLEY MEAL PACK	519135	3.75 OZ.	1 BAR	1	400–440	12–13g	0mg	80–90mg	56–68g	16–17g	$1.30
NATURADE TOTAL SOY BAR	667264	2.1 OZ.	1 BAR	1	250	8g	0mg	250mg	32g	13g	$1.35
ODWALLA BAR	659534	2.4 OZ.	1 BAR	1	240	2.5g	0mg	75mg	51g	6g	$1.35
POWERBAR	519355	2.3 OZ.	1 BAR	1	225–230	2g	0mg	90–120mg	40–45g	10g	$1.35
POWERBAR HARVEST BAR	627611	2.3 OZ.	1 BAR	1	240–260	4–5g	0mg	80–110g	45g	7g	$1.35
POWERBAR PRIA	679859	0.98 OZ.	1 BAR	1	110	3g	0mg	30–70mg	17g	5g	$1
POWERBAR PROTEIN PLUS	645720	2.75 OZ.	1 BAR	1	290	5g	5mg	150mg	38g	24g	$1.95
POWERBAR SUGAR-FREE PROTEIN PLUS BAR	679416	1.69 OZ.	1 BAR	1	170	3.5g	0mg	65mg	19g	16g	$1.95
PERFORMANCE FOOD BEVERAGES											
CYTOSPORT INC. CYTOMAX—4.5 POUND	624235	4 LBS. 8 OZ.	16 FL. OZ.	82	100	0g	0mg	80mg	20g	0g	$44.95
GOOKINAID E.R.G. DRINK—1-KILO CAN	520007	2 LBS. 3 OZ.	8 FL. OZ.	60	43	0g	0mg	69mg	10g	0g	$9.95
GATORADE POWDER—2½ GALLONS	632021	1 LB. 5 OZ.	8 FL. OZ.	40	50	0g	0mg	100mg	14g	0g	$5
CYTOSPORT INC. CYTOMAX LITE—24-OZ.	671145	24 OZ.	16 FL. OZ.	34	80	0g	0mg	65mg	16g	0g	$19.95
CYTOSPORT INC. CYTOMAX—1.5 POUND	624234	1 LB. 8 OZ.	16 FL. OZ.	27	100	0g	0mg	80mg	20g	0g	$19.95
GATORADE FRUIT PUNCH DRINK	520103	2.12 OZ.	8 FL. OZ.	4	50	0g	0mg	100mg	14g	0g	$0.85
GATORADE LEMON-LIME DRINK	520009	2.12 OZ.	8 FL. OZ.	4	50	0g	0mg	110mg	14g	0g	$0.85
GATORADE ORANGE DRINK	520010	2.12 OZ.	8 FL. OZ.	4	50	0g	0mg	100mg	14g	0g	$0.85
GOOKINAID HYDROLYTE—ENVELOPE	520055	1.8 OZ.	8 FL. OZ.	4	43	0g	0mg	69mg	10g	0g	$1.10
CYTOSPORT INC. CYTOMAX DRINK—INDIVIDUAL PACKAGE	520066	1.4 OZ.	16 FL. OZ.	1	160	0g	0mg	128–140mg	30–32g	0g	$1.85
CYTOSPORT INC. CYTOMAX LITE—INDIVIDUAL SERVING	671146	0.9 OZ.	12 FL. OZ.	1	100	0g	0mg	80mg	20g	0g	$1.85
PERFORMANCE FOOD GELS											
GU SPORTS GEL—6 PACK	620200	1.1 OZ./PK.	1 PACK	6	100	0g	0mg	20mg	25g	0g	$7
GU FLASK	656213	5.5 OZ.	1.1 OZ.	5	100	15g	0mg	50g	20g	0g	$5
CLIF SHOT	645563	1.1 OZ.	1 PACK	1	100	0g	0mg	50mg	23–24g	0g	$1
GU SPORTS GEL	610028	1.1 OZ.	1 PACK	1	100	0g	0mg	20mg	25g	0g	$1.25
POWER GEL	614799	1.4 OZ.	1 PACK	1	110	0g	0mg	50mg	28g	0g	$1.25

FOOTNOTES:

***Prices subject to change and are for comparison only.**
NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information.

Recycled Paper

REI PRODUCT INFORMATION

GPS RECEIVERS & ACCESSORIES

QUICK TIPS

Global Positioning System (GPS) receivers are sophisticated, handheld navigational tools.

Advances in GPS technology have made these receivers faster and more accurate than ever before.

Memory capacity, built-in maps and downloadability are the major distinctions between units.

GLOBAL POSITIONING SYSTEM

GPS stands for Global Positioning System, a network of 24 orbiting satellites built by the US Department of Defense. Originally intended as a navigational tool for the military, GPS technology is now used for everything from tracking ships on the ocean to helping backpackers find their favorite campsites.

GPS RECEIVERS

GPS satellites are basically radio transmitters. Each of the 24 network satellites transmits a unique radio signal back to Earth, where it can be picked up by any GPS receiver. By measuring how long it takes for these signals to reach it, a GPS receiver can figure out how far away it is from the satellite sending the signal. By performing this task with three or more satellites simultaneously, a GPS receiver can determine its exact location using a process called triangulation. Garmin and Magellan GPS units utilize 12 parallel channels to acquire satellite signals; Cobra units utilize 18 parallel channels for a faster acquisition time. All GPS units we carry utilize 500 waypoints to track trip progress.

GPS AND YOU

- GPS receivers work around the clock, and can tell you where you are in whiteouts, dense fog, or a featureless ocean. But dense forest canopy or buildings can block the satellite signals and hamper a receiver's function.
- GPS receivers can pinpoint where your next campsite is, how far away it is, and what direction you need to head to get there. They can store "waypoints," which are specific locations, such as the whereabouts of your secret fishing hole or hot springs. They can also store "routes," which are series of waypoints you pass going to and from a destination.
- Some GPS units feature computer download capability, so you can store route mapping information.

BUILT-IN BASEMAPS/DATABASES

One of the biggest variables between units (and prices) is how much preloaded map info they contain. This varies by the geographic regions they cover and level of detail. A unit might have a basemap of the Americas, or perhaps all countries bordering the Atlantic Ocean. Backcountry details can include only major rivers and lakes or topographic features. Automotive details vary from major interstates to business locations. There are too many variables to detail in our specs chart, so ask a sales specialist, check REI.com or look at packaging to find specifics.

ADD MORE MAPS

In addition to whatever basemaps they come loaded with, certain GPS models can be augmented by loading topographic maps or road maps via CD-ROMs (sold separately) used in a PC. Simply find the detailed map of the area of interest on the CD-ROM and transfer it to a compatible GPS.

COMPARING GPS RECEIVERS

- If you can, try out a number of GPS units in real-life situations before selecting one. Or, experiment with their simulation modes to get an idea of which one works best for you.
- Consider factors such as databases (discussed above), ease of use, memory capacity, route mapping capability, screen readability and battery life.
- Almost all GPS receivers are built watertight to handle splashes, dunks and rain showers; a few even float!

GPS COORDINATES

Most GPS units work with the most common map datums and coordinate position formats used around the world.

YOU STILL NEED MAPS AND A COMPASS!

As sophisticated as they are, GPS receivers don't make compasses and maps obsolete (remember—batteries run out and electronic devices can break). A GPS can tell you which direction your camp is and your exact position, but the coordinates won't mean anything unless you have a detailed map. Some units have built-in maps, but even then you should always carry your own maps and compass as backup.

DON'T FORGET THE ACCESSORIES

Depending on how you plan to use your GPS, you may want to add some accessories. As mentioned earlier, there are CD-ROMs with detailed topographic and road maps that can be loaded onto many GPS units. If you plan to use your GPS in the car, as well as on the trail, consider purchasing a mounting bracket, external antenna and an adapter that plugs into a car's lighter socket. There are even mounts available for bikes. For added protection and convenience, pick up a padded carrying case.

GPS AND GEOCACHING

A fun new wrinkle in GPS use, geocaching ("jee-o-cash-ing") is basically a high-tech version of hide-and-seek. It involves finding the location of specially placed caches in a wide variety of sites around the globe. For more information, visit www.geocaching.com

Need more info? Visit "Learn & Share" on www.rei.com

SPECS ON BACK

Recycled Paper

GPS RECEIVERS

GPS UNITS	Item #	Position Accuracy	Routes	Memory	PC Compatible	Compass†	Altimeter	Battery	Battery Life‡	Dimensions (in.)	Display (in.)	Pixels	Weight w/Batteries	Price*
Garmin eTrex	652910	15m	1		X			2 AA	22 hrs.	4.4 x 2 x 1.2	2.1 x 1.1	128 x 64	5.3 oz.	$100
Garmin Geko 101	697756	15m	1		UA			2 AAA	12 hrs.	3.9 x 1.9 x 0.96	1.44 x 0.92	100 x 64	3.1 oz.	$100
Cobra 100	704390	3m§	1		UA	X	X	2 AA	12 hrs.	4.7 x 2.3 x 1.5	2.1 x 1.1	128 x 64	6.8 oz.	$130
Garmin Geko 201	697757	3m§	20		X			2 AAA	12 hrs.	3.9 x 1.9 x 0.96	1.44 x 0.92	100 x 64	3.1 oz.	$140
Garmin GPS 12	624388	15m	20					4 AA	24 hrs.	5.8 x 2.1 x 1.2	2.2 x 1.5	100 x 64	9.5 oz.	$150
Garmin eTrex Venture	670217	3m§	20	1MB	X			2 AA	20 hrs.	4.4 x 2 x 1.2	2.1 x 1.1	288 x 160	5.3 oz.	$159
Garmin GPS 72	701660	3m§	50	1MB	X			2 AA	16 hrs.	6.2 x 2.7 x 1.4	2.2 x 1.6	160 x 120	7.7 oz.	$160
Garmin Rino 110 GPS/2-Way Radio	688689	3m§	20	1MB	X			3 AA	15 hrs.	6.9 x 2.4 x 1.7	1.4 x 1.4	160 x 160	7.6 oz.	$170
Magellan SporTrak	691415	3m§	20	1MB	X			2 AA	14 hrs.	5.6 x 2.2 x 1.2	2.2 x 1.4	160 x 104	6.1 oz.	$170
Cobra GPS 500	704391	3m§	20	2MB	X	X	X	2 AA	12 hrs.	4.7 x 2.3 x 1.5	2.1 x 1.1	128 x 64	6.8 oz.	$180
Magellan SporTrak Map	691416	3m§	20	8MB	X			2 AA	14 hrs.	5.6 x 2.2 x 1.2	2.2 x 1.4	160 x 104	6.1 oz.	$199
Garmin eTrex Legend	670218	3m§	20	8MB	X			2 AA	18 hrs.	4.4 x 2 x 1.2	2.1 x 1.1	288 x 160	5.3 oz.	$200
Garmin eTrex Summit	652911	15m	20		X	X	X	2 AA	GPS 22 hrs., alt/com 13 hrs.	4.4 x 2 x 1.2	2.1 x 1.1	128 x 64	5.3 oz.	$229
Garmin Geko 301	697758	3m§	20		X	X	X	2 AAA	16 hrs.	3.9 x 1.9 x 0.96	1.44 x 0.92	100 x 64	3.4 oz.	$230
Garmin Rino 120 GPS/2-Way Radio	688690	3m§	20	8MB	X			3 AA	15 hrs.	6.9 x 2.4 x 1.7	1.4 x 1.4	160 x 160	7.6 oz.	$250
Magellan SporTrak Pro	691417	3m§	20	32MB	X			2 AA	14 hrs.	5.6 x 2.2 x 1.3	2.3 x 1.4	160 x 104	6.1 oz.	$270
Cobra GPS 1000	704392	3m§	20	4MB	X	X	X	2 AA	UA	6.1 x 2.8 x 1.3	2.4 x 1.8	160 x 120	10.3 oz.	$280
Garmin eTrex Vista	670219	3m§	20	24MB	X	X	X	2 AA	12 hrs.	4.4 x 2 x 1.2	2.1 x 1.1	288 x 160	5.3 oz.	$300
Garmin GPS III Plus	636947	15m	20	1.44MB	X			4 AA	36 hrs.	5 x 2.3 x 1.6	2.2 x 1.5	160 x 100	9 oz.	$300
Magellan Meridian Gold	684393	3m§	20	16MB	X			2AA	14 hrs.	6.5 x 2.9 x 1.3	1.75 x 2.2	160 x 120	8 oz.	$300
Magellan Meridian Marine	684394	3m§	20	16 MB	X			2 AA	14 hrs.	6.5 x 2.9 x 1.3	1.75 x 2.2	160 x 120	8 oz.	$320
Magellan Meridian Platinum	684395	3m§	20	16MB	X	X	X	2 AA	14 hrs.	6.5 x 2.9 x 1.3	1.75 x 2.2	160 x 120	8 oz.	$350
Garmin GPS V Deluxe	692338	3m§	50	19MB	X			4 AA	25 hrs.	5 x 2.3 x 1.6	2.2 x 1.5	256 x 160	9 oz.	$400
Garmin GPSmap 76S	686336	3m§	50	24MB	X	X	X	2 AA	10 hrs.	6.2 x 2.7 x 1.4	2.2 x 1.6	240 x 180	7.7 oz.	$400
Magellan SporTrak Color	700750	3m§	20	32MB	X	X		2 AA	14 hrs.	5.6 x 2.2 x 1.2	2.3 x 1.4	240 x 160	6.8 oz.	$449
Magellan Meridian Color	698453	3m§	20	16MB	X	X		2 AA	13 hrs.	6.5 x 2.9 x 1.2	1.75 x 2.2	160 x 120	8 oz.	$500
Garmin iQue 3600	701089	3m§	50	32MB	X			Rechargeable lithium ion	5 hrs.	5 x 2.8 x 0.8	2.16 x 3.24	480 x 320	5.2 oz.	$550
Garmin eTrex Vista Bundle**	705225	3m§	20	24MB	X	X	X	2 AA	12 hrs.	4.4 x 2 x 1.2	2.1 x 1.1	288 x 160	5.3 oz.	$469
Garmin Rino 120 Bundle††	705224	3m§	20	8MB	X			3 AA	15 hrs.	6.9 x 2.4 x 1.7	1.4 x 1.4	160 x 160	7.6 oz.	$600

ACCESSORIES	Item #	Price*
Garmin GPS Case	701088	$13
Garmin eTrex Series Neoprene Case	680585	$15
Garmin eTrex Handlebar Mount	658740	$15
Garmin GPS 12/12XL Handlebar Mount	649054	$18
Garmin Rino Handlebar Mount	699687	$18
Garmin GPS II, III, V Handlebar Mount	618166	$20
Garmin GPS Cigarette Lighter Adapter	618167	$20
Garmin Carabiner Button Clip	705226	$20
Garmin Carabiner Stretch Holster	705227	$20
Garmin GPS V Vehicle Mounting Bracket	689434	$25
Garmin Adjustable Auto Mount Bracket	673358	$32
Garmin Rino Vehicle Mount	699686	$32
Garmin GPS 12 Cigarette Lighter Adapter	616051	$35
Garmin PC Interface Cable	629276	$35
Garmin eTrex/eMap Cigarette Lighter Adapter	658259	$35
Garmin eTrex/eMap Data Cable	658264	$35
Garmin CX III/Street Pilot PC Interface Cable with Cigarette Lighter Adapter	667323	$45
Garmin GPS 12 PC Interface Cable with Cigarette Lighter Adapter	667322	$50

ACCESSORIES	Item #	Price*
Garmin eMap/eTrex/Summit PC Interface Cable with Cigarette Lighter Adapter	667321	$50
Garmin Rino PC Interface Cable with Cigarette Lighter Adapter	699682	$50
Garmin MapSource 24K Topo National Parks West	701090	$100
Garmin GA 26C Auto Antenna	657394	$100
Garmin MapSource United States Roads and Recreation CD-ROM	636948	$100
Garmin MapSource United States Topo CD-ROM	645072	$100
Garmin MapSource WorldMap CD-ROM	702853	$100
Garmin MetroGuide USA CD-ROM	703329	$100
Garmin MapSource City Select Europe CD-ROM	701091	$350
Magellan Meridian Canvas Case	685902	$12
Magellan SporTrak Canvas Case	701372	$12
Magellan SporTrak/Meridian Power Cable/Cigarette Lighter Adapter	685904	$22
Magellan SporTrak/Meridian PC Cable	704279	$29
Magellan Meridian Auto Bracket	685903	$48
Magellan SporTrak Auto Bracket	701373	$48
Magellan 32MB SD Memory Card	688917	$59
Magellan MapSend Topo USA	688921	$120

FOOTNOTES:

***Prices subject to change and are for comparison only. †All featured GPS units have the ability to determine a northerly direction. ‡Battery performance in optimum conditions; cold weather reduces battery life. §Uses WAAS (Wide Area Augmentation System) to improve accuracy and ensure integrity of information coming from GPS satellites. **Vista Bundle includes eTrex Vista, MapSource Topo CD-ROM, MapSource MetroGuide USA CD-ROM, 12V lighter adapter, carrying case, training video, lanyard and manuals. ††Rino 120 bundle includes 2 Rino 120s, PC interface cable, 2 earbuds, training video, 2 carrying cases, MapSource Topo CD-ROM, MapSource Inland Lakes CD-ROM, 2 belt clips, 2 lanyards and manuals.**

NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.

Recycled Paper

REI PRODUCT INFORMATION

HEART RATE MONITORS

QUICK TIPS

HRMs help you stay within your aerobic target zone for optimal exercise results.

Many HRMs also offer sport watch functions, making them more useful for monitoring workouts.

WHY USE A HEART RATE MONITOR (HRM)?

Whether you're a cyclist, swimmer, runner, climber, cross - trainer or backcountry skier, a heart rate monitor can help you set and achieve specific fitness goals.

- HRMs use personal data such as age, gender, weight and resting heart rate to calculate aerobic target zones and keep you working at your optimum level.
- An HRM offers immediate feedback which allows you to evaluate performance and sharpen the benefits of your training program.
- HRMs are an excellent motivational tool if you're on a weight-loss program. Some HRMs track calories burned during a workout session and caloric intake during a day. Closely monitoring that data can help you reach and maintain your ideal weight.
- Serious athletes can log comprehensive training information on certain HRMs. Data such as lap times, time spent in, above and below target zones, and more can be transferred to a personal computer (PC) for analysis. Some models require a separate accessory to connect to a PC.

TARGET-ZONE SETTING

For the greatest aerobic benefit, you must exercise for a sustained period at your proper heart rate. When you're within that personal target zone, you're exercising at a level that maximizes safety and cardiovascular conditioning. Your HRM tells you via a display and/or audible tone when you've reached the desired heart rate.

SPORT WATCH VERSATILITY

Many HRMs also offer sport watch-style features such as a stopwatch, countdown timer, calendar and clock.

ADDITIONAL CONSIDERATIONS

- **Backlight:** A useful feature for low-light conditions.
- **Mounting:** Most HRMs can be worn on the wrist or mounted on your bike handlebar (some require a separate accessory for bike mounting).
- **Cycling functions:** Some HRMs include basic cyclometer functions, such as recording speed and distance.

Need more info? Visit "Learn & Share" on www.rei.com

MONITORS	Item #	Target Zone Setting w/Alarm	Time in Target Zone	Average Heart Rate	Recovery Heart Rate Mode	Backlight	File Storage	Downloads to a PC	Cycling Speed/ Distance	Calories Burned	Clock	Count-Down Timer	Daily Alarm	Date	Lap Timer	Stop Watch	Water Resistance (in meters)	Price*
Polar A1	669868			X			X						X			X	30	$50
Polar A3	669870	X	X	X			X				X		X			X	30	$80
Timex Ironman Digital	696980	X				X					X	X	X	X	X	X	50	$90
Polar A5	669871	X	X	X		X	X				X		X	X		X	30	$100
Physi-Cal Mio Sport	685980					X				X	X		X	X	X	X	10	$100
Physi-Cal Mio Shape	684403				X	X				X	X		X	X		X	10	$120
Polar S150	686232	X	X	X	X				X		X	X		X	X	X	30	$130
Polar M32	702681	X	X	X		X				X	X		X	X		X	30	$139
Polar M61	702682	X	X	X		X	X			X	X		X	X		X	30	$169
Polar S-520	704578	X (3)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	30	$260
Nike Triax	706665		X	X		X	X				X				X	X		$269
Suunto Advizor†	648497	X	X	X		X	X				X	X	X	X	X	X	30	$299
Suunto X6†	691550	X	X	X		X	X	X			X		X	X	X	X	100	$429

ACCESSORIES	Item #		Price*
Polar Bike Mount	615945	Attaches your Polar wrist receiver to your handlebar for easy viewing while cycling.	$9
Polar Speed Sensor/Bike Mount	667276	Measures your speed on a bicycle.	$40
Polar Cadence Sensor	667277	Measures the speed at which you turn the cranks of your bicycle (i.e. cadence), measured in revolutions per minute (rpm).	$40
Timex Data Recorder	705424	Collects precise information sent to your watch from your Timex Ironman Digital HRM or Bodylink Speed/Distance Watch to download to PC. Includes software to chart your progress.	$75
Timex Bodylink Speed/Distance Watch	705094	Multi-function sport watch tracks your speed and distance using GPS technology; can link to Timex Ironman Digital HRM and Data Recorder.	$250

FOOTNOTES:

*Prices subject to change and are for comparison only. Specs based on manufacturers' information available at time of publication.

†Unit also offers altimeter, barometer and electronic compass functions.

Recycled Paper

REI

PRODUCT INFORMATION

HIKING BOOTS

BOOT CATEGORIES

Extended backpacking/ mountaineering boots are designed for moderate to heavy loads on- or off-trail. They offer ample durability, support and protection. Some are stiff enough to accept ice/snow crampons.

Midweight Hiking/backpacking boots are built for light to midweight loads on- or off-trail. They are more durable and supportive than lightweight hiking boots, but are still designed primarily for moderate terrain.

Lightweight hiking boots are intended for day trips or overnighters. They offer comfort, cushioning and breathability but are less supportive and durable than heavier boots.

MAKE SURE YOU GET A GOOD FIT

Wear your thick hiking socks and get a sales specialist to measure your feet. Try on a range of brands to see which fits you best.

Walk around. Check for foot movement and heel lift. Good-fitting boots hold feet firm without binding. Go down an incline to be sure your feet don't slide inside. New boots can feel stiff, but should still be comfortable.

BREAKING IN YOUR BOOTS

Wear new boots indoors and then on short trips before a major hike. Proper break-in helps prevent blisters in the backcountry.

Need more info? Visit "Learn & Share" on www.rei.com

EXTENDED BACKPACKING/ MOUNTAINEERING—MEN'S	Item #	Sizes	Avg. Weight	Can Be Resoled	Lining	Midsole	Outsole	Crampon Compatibility†	Support	Upper	Price*
Salomon SM Lite	693827	8–12,13,14	4 lbs. 1 oz.	X	Polyester	Polyurethane	Rubber	Hybrid	Composite plate	Leather	$180
Merrell High Cascade	683128	8–12,13,14	4 lbs. 10 oz.	X	Glove leather	Polyurethane	Rubber	Hybrid/ strap-on	Nylon and steel shank	Perwanger leather	$199
La Sportiva Glacier	668483	40–48	4 lbs. 4 oz.	X	Dri-Lex	Polyurethane	Vibram rubber	Hybrid/ strap-on	½ steel shank	Leather	$225
Montrail Moraine '02	683190	7–12,13	4 lbs. 12 oz.	X	Cambrelle	Microporous rubber	Vibram rubber	Hybrid/ strap-on	Molded nylon	Full-grain leather	$235
Vasque Alpine Gore-Tex '02	688006	8–12,13,14	4 lbs. 14 oz.		Gore-Tex/ nylon	Rubber	Vibram rubber	Hybrid/ strap-on	Nylon/steel shank	Nubuck leather	$255
Salomon Pro Ice	683182	8–12,13	4 lbs. 6 oz.	X	Polyester/ Thinsulate	Molded polyurethane	Rubber	Strap-in	Composite plate	Leather/TPU	$300
Scarpa Freney XT	701921	41–46, 47, 48	4 lbs. 5 oz.	X	PrimaLoft	Pro-flex XT	Vibram rubber	Step-in/ strap-on	Nylon composite	K-Tech synthetic materials	$319
La Sportiva Trango Extreme S	694123	41–48	3 lbs. 9 oz.	X	Polyester/ nylon	HDPE plastic	Rubber	Step-in	Midsole	Roughout leather/ rubber/synthetic leather	$330
Kayland K1	694110	8–12,13	4 lbs.	X	Waterproof barrier	EVA	Vibram rubber	Step-in/ strap-on	Nylon/ fiberglass insole	Leather	$375
Scarpa Cumbre	701927	41–48	4 lbs. 14 oz.	X	PrimaLoft	Pebax	Vibram rubber	Step-in/ strap-on	Nylon composite	Leather/Lorica synthetic leather	$375

FOOTNOTES:

MORE

***Prices subject to change and are for comparison only. †Refers to binding system: See our crampon guide for more information. NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.**

Recycled Paper

HIKING BOOTS

EXTENDED BACKPACKING/ MOUNTAINEERING —MEN'S	Item #	Sizes	Avg. Weight	Can Be Resoled	Lining	Midsole	Outsole	Crampon Compatibility†	Support	Upper	Price*
Asolo Summit	694125	8.5–13	4 lbs. 9 oz.	X	Cambrelle	Polyurethane	Vibram rubber	Strap-on	Carbon/Kevlar Asoframe	Leather/polymide fabric	$385
Vasque Alpinista	694122	8.5–13	4 lbs. 10 oz.	X	Nylon	EVA	Rubber	Step-in/strap-on	Midsole	Composite	$395
La Sportiva Nepal Extreme	694124	41–48	4 lbs. 15 oz.	X	Polytetrafluoroethylene (PTFE)/polyester	Plastic	Rubber	Step-in	Midsole	Roughout leather	$420
Montrail Ice 9	701324	8.5–12, 13, 14	4 lbs.	X	PrimaLoft	Pebax	Vibram rubber	I.C.E. 9 crampon	Carbon fiber board	PU coated waterproof leather	$420
Kayland Superice	76519	8.5–12, 13	4 lbs. 2 oz.	X	Phroof, Thinsulate 200	EVA	Vibram rubber	UA	Nylon fiber-glass insole	Carbon, Kefal and fiber	$399
Vasque Ice 9000	694120	8.5–13	4 lbs. 12 oz.	X	Foam inner boot	EVA	Rubber	Hybrid/step-in/ strap-on	Carbon fiber board	4-layer composite	$495
EXTENDED BACKPACKING/MOUNTAINEERING—WOMEN'S											
Raichle 60 Degree Mountaineering	695283	6–10	4 lbs. 4 oz.	X	Polyester	Polyurethane	Vibram rubber	Strap-on	Nylon shank	Full-grain leather	$230
Montrail Moraine '02	683680	6–10, 11	4 lbs.	X	Cambrelle	Microporous rubber	Vibram rubber	Strap-on/hybrid	Molded nylon	Full-grain leather	$235
Montrail Ice 9 with Gaiter	701297	7–10	4 lbs. 6 oz. (w/gaiter)	X	PrimaLoft	Pebax®	Vibram rubber	I.C.E. 9 crampon	Carbon fiber board	PU coated waterproof leather	$435

BACKPACKING—MEN'S	Item #	Sizes	Avg. Weight	Can Be Resoled	Midsole	Outsole	Support	Lining	Upper	Price*
Montrail Traverse Gore-Tex	683192	8–12,13,14, 15	3 lbs.	X	Polyurethane	Vibram rubber	Nylon/steel shank	3-bar knit/ Gore-Tex	Leather/nylon	$135
Vasque Gore-Tex Clarion Impact	629096	8–12,13,14M	2 lbs. 14 oz.	X	Polyurethane	Rubber	Bimodal Flex Plate	Gore-Tex/ polyester	Nubuck leather/ Cordura nylon	$140
Montrail Torre Gore-Tex	683191	7–12,13,14,15M 8–12,13 W	3 lbs. 4 oz.	X	Microporous rubber	Vibram rubber	Nylon board/steel shank	3-bar knit/ Gore-Tex	Nubuck	$150
Asolo TPS 535	694262	8–12,13,14	2 lbs. 9 oz.	X	Polyurethane	Vibram rubber	Asoflex thermoplastic insole	Cambrelle	Nubuck leather	$175
REI Gore-Tex Spirit II	683444	8–12,13,14,15M; 8–12,13W	3 lbs. 10 oz.	X	Polyurethane	Vibram rubber	Full-length nylon shank	Gore-Tex	Waterproof nubuck	$189
Zamberlan Ladak Gore-Tex	694873	8–12,13,14	2 lbs. 15 oz.	X	Polypropylene	Rubber	Polypropylene shank	Gore-Tex	Nubuck leather	$195
Vasque Gore-Tex Sundowner MX2	650614	7–12,13,14,15M; 9–12,13N; 8–12,13W	3 lbs.	X	Polyurethane	Rubber	Monoflex insole/steel shank	Gore-Tex/ nylon	Full-grain leather	$210
Asolo TPS 520 Gore-Tex	693828	8–12,13,14	3 lbs. 6 oz.	X	Polyurethane	Rubber	Triple Power Structure	Gore-Tex	Full-grain leather	$210
Chaco Beckwith	694555	8–12,13	3 lbs. 4 oz.	X	Polyurethane	Rubber	Nylon shank	Leather	Waterproof nubuck leather	$240
BACKPACKING–WOMEN'S										
Vasque Luna	693984	6–11	2 lbs. 7 oz.	X	Phylon	Vibram rubber	Bimodal flex plate	3-bar knit nylon	Nubuck leather/ nylon	$125
Montrail Solitude '02	683681	6–10, 11	2 lbs. 4 oz.	X	Polyurethane	Vibram rubber	Full-length nylon	3-bar knit	Nubuck leather	$140
Montrail Torre Gore-Tex	683683	6 –11M; 6–10W	2 lbs. 10 oz.	X	Microporous rubber	Vibram rubber	Nylon/steel shank	3-bar knit/ Gore-Tex	Nubuck leather	$150
Vasque Isis Gore-Tex	693985	6–11	2 lbs. 10 oz.	X	Polyurethane	Vibram rubber	Lite Flex Plate	Gore-Tex	Nubuck leather	$150
Zamberlan Taiga Gore-Tex Plus	668149	6–10, 11	2 lbs. 11 oz.	X	Polypropylene	Rubber/ polyurethane	Zamberlan Modular-Flex	Gore-Tex	Nubuck leather/ Cordura nylon	$160
Raichle Mountain Hike Gore-Tex	694602	6–10	2 lbs. 6 oz.	X	Polyurethane	Vibram rubber	TPU shank	Gore-Tex	Nubuck leather	$169
REI Spirit Gore-Tex II	683477	6–11	3 lbs.	X	Polyurethane	Vibram rubber	Full-length nylon shank	Gore-Tex	Waterproof nubuck	$189
Zamberlan Ladak Gore-Tex	693987	6–10, 11	3 lbs. 2 oz.	X	Polyurethane	Vibram rubber	Polypropylene shank	Gore-Tex	Nubuck leather	$195
Asolo 520 TPS Gore-Tex	693986	6–11	3 lbs. 5 oz.	X	Polyurethane	Vibram rubber	Asoflex	Gore-Tex	Full-grain leather	$209.95
Vasque Gore-Tex Sundowner MX2	650552	6–10, 11M 7–10N	2 lbs. 12 oz.	X	Polyurethane	Rubber	Monoflex insole/steel shank	Gore-Tex/ nylon	Full-grain nubuck leather	$210

FOOTNOTES:

*Prices subject to change and are for comparison only. †Refers to binding system: See our crampon guide for more information.
NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.

Recycled Paper

LIGHTWEIGHT HIKING—MEN'S	Item #	Sizes	Avg. Weight	Can Be Resoled	Midsole	Outsole	Support	Lining	Upper	Price*
REI Monarch II	694876	7–12,13,14,15	2 lbs. 8 oz.	X	Air Cushion/EVA	Rubber	Texon board	Nylon	Nubuck/ Cordura nylon	$80
Merrell Pulse Mid Waterproof	699076	7.5–12,13,14,15	2 lbs. 5 oz.		Air Cushion/EVA	Rubber	Nylon shank	Waterproof liner	Nubuck/ pigskin leather	$110
Salomon Expert Mid Gore-Tex	699059	8–12,13,14	2 lbs. 6 oz.		EVA	Rubber	Thermoplastic plate	Gore-Tex	Nubuck/ split suede	$120
Vasque Catalyst Mid XCR	699861	8–12,13,14	2 lbs. 4 oz.	X	EVA	Rubber	Phylon	Gore-Tex XCR/nylon	Split and nubuck leather/ nylon mesh	$125
REI Leather Monarch II Gore-Tex	704240	8–12,13,14,15	3 lbs. 8 oz.		Air Cushion/EVA	Vibram rubber	Nylon insole	Gore-Tex	Leather	$125
Raichle Thunder Gore-Tex	670245	8–12,13,14	2 lbs. 14 oz.	X	Polyurethane	Vibram rubber	Polyurethane insert	Gore-Tex	Leather/fabric	$140
Asolo FSN 95 Gore-Tex	667406	7–12,13,14M 8–12,13W	2 lbs. 13 oz.	X	Polyurethane	Rubber	Asoflex thermoplastic insole	Gore-Tex	Suede/ Cordura nylon	$150
Lowa Klondike Mid Gore-Tex	694390	8–12,13,14	3 lbs. 5 oz.		Polyurethane	Vibram rubber	¾-length shank	Gore-Tex	Leather/ Cordura nylon	$150
Zamberlan Warp Gore-Tex XCR	694910	8–12,13	2 lbs. 9 oz.	X	EVA	Vibram rubber	Polypropylene shank	Gore-Tex XCR	Leather/ Cordura nylon	$150
Vasque Zephyr Gore-Tex	683450	7–12,13,14 8–12,13W	3 lbs. 2 oz.	X	EVA	Vibram rubber	Torsion Control Plate	Gore-Tex/ 3-bar knit	Nubuck leather/ nylon	$155
Asolo TPS Highland	694263	8–12,13	3 lbs. 4 oz.	X	Polyurethane	Rubber	Triple Power Structure	Gore-Tex	Suede leather/ textile	$165
Lowa Renegade Gore-Tex Mid	694391	7.5–12,13,14,15	2 lbs. 2 oz.		Polyurethane	Rubber	Plastic shank	Gore-Tex	Nubuck leather/ Cordura nylon collar	$170
LIGHTWEIGHT HIKING–WOMEN'S										
REI Monarch II	694896	5.5–11	2 lbs. 2 oz.		Air Cushion/EVA	Rubber	¾-length Texon board	Polyester mesh	Nubuck/ Cordura-nylon	$80
Merrell Pulse Waterproof Mid	699585	6–10, 11	2 lbs.		Air Cushion/EVA	Rubber	Nylon shank	Waterproof liner	Nubuck/ pigskin leather	$110
REI Monarch Gore-Tex	650555	6–10	2 lbs. 7 oz.	X	Rubber	Rubber	Nylon shank	Nylon tricot/ Gore-Tex	Split leather	$115
Vasque Mica Gore-Tex	693989	6–11	2 lbs. 6 oz.	X	Phylon	Rubber	Monoflex lite/steel shank	3-bar knit	Split leather/ nylon mesh	$125
Vasque Ion Mid Gore-Tex XCR	699564	6–11	1 lb. 14 oz.	X	EVA	Rubber	Phylon	Nylon	Split and nubuck leather/ mesh nylon	$125
REI Leather Monarch II Gore-Tex	701577	6–11	2 lbs. 15 oz.		Air Cushion/EVA	Vibram leather	Nylon insole	Gore-Tex	Leather	$125
Asolo FSN 70 Gore-Tex	667405	6–11	2 lbs. 7 oz.	X	Polyurethane	Rubber	Asoflex thermoplastic insole	Gore-Tex	Suede/ Cordura nylon	$145
Lowa Klondike Gore-Tex Mid	693988	6–11	2 lbs. 6 oz.		Polyurethane	Vibram rubber	Nylon shank	Gore-Tex	Split-grain leather/ Cordura nylon	$150
Lowa Renegade Gore-Tex Mid—Women's	693992	5–11	2 lbs. 5 oz.		Polyurethane	Rubber	Plastic shank	Gore-Tex	Nubuck leather/ Cordura nylon	$170

FOOTNOTES:

*Prices subject to change and are for comparison only. †Refers to binding system: See our crampon guide for more information.
NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.

Recycled Paper

REI PRODUCT INFORMATION

HYDRATION PACKS

QUICK TIPS

When selecting a hydration pack, consider the following:

What activities will you use it for?

What's the typical length of time you'll be out?

Do you need additional storage for gear and clothing?

WHY HYDRATE?

Proper hydration is key to peak physical performance. More than 60% of the human body is water. In the bloodstream, water serves as an energy supply line to deliver oxygen and nutrients to your muscles.

Your muscles generate 8–10 times more heat when you work out than when you're at rest. Because water is the primary element in your body's cooling system, high-level exercise like cycling can cause it to lose 2 or more quarts of fluid per hour! If you don't replace that fluid, you'll suffer from dehydration.

PEAK PERFORMANCE AND PROPER HYDRATION

Dehydration actually happens before you even feel thirsty. To sustain performance, drink plenty of water before, during and after any vigorous activity.

VALVES

Most packs feature valves that provide easy access to the liquid in the reservoir—some require a bite, while others are tongue-operated. All valves are designed to allow hands-free drinking and prevent leaks.

THE BENEFITS OF BAFFLES

For activities that require an aerodynamic profile, choose a baffled hydration system. Baffles improve stability and distribute weight close to your body.

EASY-CLEAN/EASY-FILL RESERVOIRS

Many reservoirs now feature a fist-size opening to make filling and cleaning easier than ever. We've noted those models in our charts.

KEEP YOUR HYDRATION SYSTEM CLEAN

Some hydration units inhibit bacterial growth and minimze cleaning chores. All reservoirs, tubes and valves should be rinsed with hot water and air-dried after each use. Special hangers are available for this.

Sanitize your reservoir and system periodically. REI offers cleansers and brushes to scour the nooks and crannies.

Need more info? Visit "Learn & Share" on www.rei.com

BACK-MOUNTED HYDRATION PACKS	Item #	Easy-Clean/Easy-Fill Reservoir	Fluid Capacity (fl. oz.)	Gear Capacity (cu. in.)	Weight (w/o water)	Price*
CamelBak HydroBak	695506	X	50	NA	12 oz.	$30
Hydrapak Sprint	696488	X	50	15	11 oz.	$30
CamelBak Classic	695508	X	70	40	15 oz.	$40
CamelBak Siren	695510	X	50	90	15 oz.	$40
Hydrapak Tracker	696489	X	70	140	14 oz.	$40
CamelBak Rogue	695515	X	70	80	1 lb.	$50
Hydrapak Air Scoop	696491	X	50	15†	12 oz.	$50
Hydrapak Delta	696490	X	70	185	1 lb. 2 oz.	$50
Deuter Hydro 1.5‡	696371		67.6	148	1 lb. 4 oz.	$55
Hydrapak Overflow	696492	X	100	420	1 lb. 5.5 oz.	$60
CamelBak Lobo	695518	X	70	63	1 lb. 5 oz.	$65
Deuter Hydro 3.0‡	696373		101.4	237	1 lb. 8 oz.	$65
Deuter Cross Bike‡	696376		67.6	1,078	1 lb. 12 oz.	$69
CamelBak Rocket§	695522	X	72	100	1 lb. 1.5 oz.	$75
Hydrapak Century	696493	X	100	600	1 lb. 10 oz.	$75
Deuter Race X Air I‡	696379		67.6	728	2 lbs. 1 oz.	$79
CamelBak M.U.L.E.	695521	X	100	300	1 lb. 11 oz.	$80
Hydrapak Ammo	696494	X	100	900	2 lbs. 2.5 oz.	$85
Deuter Race X Air II‡	696381		101.4	1,037	2 lbs. 6 oz.	$89
CamelBak BlowFish	695523	X	100	864	1 lb. 12 oz.	$90
Deuter Superbike L‡	696382	X	101.4	1,617	2 lbs. 5 oz.	$95

FOOTNOTES:

SPECS ON BACK

*Prices subject to change and are for comparison only. †Reservoir compartment stretches to hold small accessories. ‡Antimicrobial reservoir allows for easy cleaning. §Baffled reservoir. NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.

Recycled Paper

HYDRATION PACKS

BACK-MOUNTED HYDRATION PACKS (cont.)	Item #	Easy-Clean/Easy-Fill Reservoir	Fluid Capacity (fl. oz.)	Gear Capacity (cu. in.)	Weight (w/o water)	Price*
Deuter Trans Alpine 25‡	696383		101.4	1,337	2 lbs. 12 oz.	$99
CamelBak H.A.W.G.	695524	X	100	1,020	2 lbs. 2 oz.	$100
CamelBak TransAlp	695525	X	100	1,740	2 lbs. 15 oz.	$120
HIP-MOUNTED HYDRATION PACKS	**Item #**	**Easy-Clean/Easy-Fill Reservoir**	**Fluid Capacity (fl. oz.)**	**Gear Capacity (cu. in.)**	**Weight (w/o water)**	**Price***
CamelBak FlashFlo	695513	X	45	60	1 lb.	$40
WINTER HYDRATION PACKS						
CamelBak StoAway	692258	X	70	NA	10.6 oz.	$35
CamelBak SnoBowl	692035	X	50	NA	14.6 oz	$40
CamelBak Flurry	692036	X	45	99	1 lb. 2 oz.	$55
CamelBak Zoid	692259	X	72	60	1 lb. 1 oz.	$55
CamelBak SnowDAWG	692261	X	70	780	1 lb.	$75
CamelBak SnoBound	692037	X	100	1,497	2 lbs. 1 oz.	$100
KIDS' HYDRATION PACKS						
CamelBak Skeeter	695501	X	35	NA	10 oz.	$25
CamelBak Scout	695503	X	35	562	1 lb. 3 oz.	$40
RESERVOIRS						
CamelBak Omega	695528	X	35	NA	UA	$20
	695529	X	45	NA	UA	$22
	668408	X	50	NA	6 oz.	$25
	668409	X	70	NA	6.3 oz.	$28
	668411	X	100	NA	7.2 oz.	$30
CamelBak Omega AeroForm§	668410	X	72	NA	6.8 oz.	$30
Hydrapak	696495	X	50	NA	3.4 oz.	$22
	696496	X	70	NA	3.7 oz.	$24
	696497	X	100	NA	4.1 oz	$26
ACCESSORIES						
CamelBak CamelClip	610509					$1.80
CamelBak Tube Trap	610510					$1.90
CamelBak Ergo Angle	652609					$4
CamelBak Sternum Strap	617861					$5
Hydrapak Quickdraw Hose Fastener	696500					$5
CamelBak Big Bite Valve	637547					$6
CamelBak Ergo HydroLock	668226					$6
CamelBak HydroLock	668225					$6
Hydra Cleanser—2 oz.	627725					$6
Hydrapak Easyflow Valve with Clip	696498					$6
CamelBak Filter Adapter	695526					$7
CamelBak Tubing Extender Kit	610513					$7
CamelBak CommPocket	668227					$8
CamelBak Reservoir Dryer	686225					$9
CamelBak Cleaning Brush Kit	686224					$10
CamelBak Cleaning Tablets	695527					$10
CamelBak Tube Director	648158					$10
Hydra Care Hydra Hang Posi-Fit	688257					$10
Hydrapak Insulation Kit	696499					$12
Hydra Care Tube and Reservoir Cleaning Kit	688256					$15
CamelBak Thermal Control Kit	631126					$16
Hydra Care Personal Cleaning Kit	688258					$20

FOOTNOTES:

*Prices subject to change and are for comparison only. ‡Antimicrobial reservoir allows for easy cleaning. §Baffled reservoir.
NA = not applicable; UA = spec unavailable. Specs based on manufacturers' information available at time of publication.

REI

PRODUCT INFORMATION

LIGHTS & LANTERNS

QUICK TIPS

Always bring a dependable light source: LED lights are one of your most reliable options.

LED lights are extraordinarily energy efficient. Some lights have both LEDs and bulbs to give the best of both beams.

Always pack along spare batteries or fuel (and bulbs for models that require them).

Keep a light or lantern and batteries or fuel in all your emergency preparedness kits.

WHAT TYPE OF TRIPS DO YOU PLAN?

Hikers opt for one of our many lightweight, compact headlamps or flashlights, plus a candle lantern for camp. Rechargeables are budget- and earth-friendly option.

Mountaineering and caving require bright, tough headlamps. Temps below 20°F drain alkaline batteries fast. Battery packs held under clothing can prevent this. Lithium batteries, though expensive, excel in cold.

For foreign trips, replacement bulbs and batteries are a concern. LED models are good because replacement bulbs are rarely needed. Models with long battery lives, common battery types or rechargeability are a good bet. Packing spare bulbs and batteries is also an option.

For car camping or emergency home lighting, look at our broad selection of lanterns.

LED: THE "BULB" THAT WON'T QUIT

LEDs drain batteries 3 to 5 times more slowly than ordinary bulbs. LEDs can go 100,000 hours before replacement, while a bulb can burn out in less than 40 hours. There is no glass or filament to break in LEDs, so they're ideal for rugged use. Their chief downside is a cooler light quality.

BEAM TYPE

An adjustable-beam light lets you match beam size to task. Fixed beams do not adjust. "Focused" beams are LED models with a lens that projects the beam to give it similar brightness to traditional bulbs. And all LED beams provide edge-to-edge consistency (with no "dead" spots).

Need more info? Visit "Learn & Share" on www.rei.com

FLASHLIGHTS	Item #	Batteries	Battery Life (hrs. & mins.) at 70°F	at 0°F	Lamp Type	Beam Type	Half-Life Brightness (70°F) (ft.-cndl.)†	Replacement Bulb Item #	Dimensions (in.)	Weight w/Batteries	Price*
Brinkmann Legend AA	662943	2 AA	2:19	0:29	Bulb	Adjustable	12	410075	6.2 x 1.1 x 1.1	4 oz.	$9.95
Dashlite	410110	NiCad rechargeable	1:30 (ms)	UA	Bulb	Fixed	UA	NA	3.75 x 2 x 2	2 oz.	$9.95
Princeton Tec Blast	638830	2 AAA	1:10	0:38	Bulb	Fixed	32	655575	3 x 1 x 1	1.5 oz.	$9.95
Mini Mag-Lite—AA	410074	2 AA	5:46	1:14	Bulb	Adjustable	44	410075	5.5 x 1 x 1	4 oz.	$10
Energizer 2-Way Area Light	660006	4 AA	5:00	1:40	Bulb	Adjustable	100	612379	5.75 x 3.5 x 3.5	11.4 oz.	$11.95
Princeton Tec Rage	657833	4 AAA	1:32	00:15	Bulb	Fixed	73	665194	4.9 x 1.2 x 1.2	2.5 oz.	$11.95
Brinkmann LED II	692305	2 AA	18:50 (ms)	13:09 (ms)	LED	Focused	77.4 (ms)	NA	6.8 x 1.7x 1.7	4 oz.	$16.95
Princeton Tec—Tec 40	606190	4 AA	2:44	1:11	Bulb	Fixed	172	606620	6 x 1.5 x 1.5	5.5 oz.	$17
CMG Infinity Task Light	660024	1 AA	41:00 (ms)	UA	LED	Fixed	UA	NA	3.25 x 0.75 x 0.75	1.5 oz.	$17.95
Pelican VersaBrite II	620070	2 AA	2:46	00:50	Bulb	Fixed	10	621207	4.75 x 2 x1.6	3.5 oz.	$17.95
Princeton Tec Attitude	680003	4 AAA	13:31	2:28	LED	Fixed	45‡	NA	5 x 1 x 1	3 oz.	$19.95
Mag-Lite 2-D	410076	2 D	12:22	4:43	Bulb	Adjustable	110	410016	10.5 x 2.5 x 2.5	1 lb. 9 oz.	$22
Pelican Super PeliLite Laser Spot Xenon	410166	2 C	5:27	1:34	Bulb	Adjustable	120	410247	6 x 2 x 2	8.3 oz.	$23.95
CMG Infinity Ultra	695379	1 AA	12:05	5:10	LED	Fixed	16.5‡	NA	3.2 x 0.8 x 0.8	2.1 oz.	$24.95
Princeton Tec Impact II	695300	4 AAA	56:10 (ms)	5:34	LED‡	Focused	42.1‡	NA	4.9 x 1.1 x 1.1	2.8 oz.	$24.95
Solar Verter Solar Charged	645052	Rechargeable or 2 AA	Battery 9:17 Solar 00:24	3:13 00:18	Bulb	Fixed	Battery 18.6 Solar 48.2	612380	6.5 x 2.9 x 2.8	9.8 oz.	$24.95
CC Trek Light	665478	3 AA	35:40	22:40	LED	Fixed	13‡	NA	7.8 x 1.2 x 1.2	4.3 oz.	$26.95
Princeton Tec Impact LED	678980	4 AA	23:03	2:20	LED	Focused	86‡	NA	5.75 x 1.5 x 1.5	5.9 oz.	$27.95
CMG Reactor 2	691009	2 AA	100:00 (ms)	UA	LED	Focused	UA	NA	6 x 1.2 x 1.2	2.5 oz.	$31.95
Coleman Sentinel	689487	Rechargeable	UA	UA	Bulb	Fixed	UA	NA	6.3 x 2.1 x 2.4	13 oz.	$42.95

FOOTNOTES:

MORE

*Prices subject to change and are for comparison only. †A foot-candle is the illumination of a surface 1 foot from a light source of 1 candlepower. ‡Because of lower light intensity, LED lights are tested with a sensor 1 foot away, while standard bulbs are tested with a sensor 3 feet away. NA = not applicable; UA = spec unavailable. Specs based on REI lab tests or manufacturers' specifications (ms) available at time of publication.

Recycled Paper

HEADLAMPS	Item #	Batteries	Battery Life (hrs. & mins.) at 70°F	at 0°F	Lamp Type	Beam Type	Half-Life Brightness (70°F) (ft.-cndl.)†	Replacement Bulb Item #	Dimensions (in.)	Weight w/Batteries	Price*
Princeton Tec Quest	636965	2 AA	6:58	1:40	Bulb	Fixed	15	Krypton 621205	3.5 x 3.5 x 3.5	5.7 oz.	$17.95
Black Diamond Ion	691747	1 6V	2:00 (ms)	00:59 (ms)	LED	Fixed	7.9‡	NA	1.7 x 1.5 x 1.3	1 oz.	$19.95
Brinkmann Focused Beam	686228	2 AA	18:50	13:09	LED	Focused	77.4‡	NA	4 x 4 x 3	6 oz.	$19.95
Petzl Micro	410194	2 AA	7:37	2:27	Bulb	Adjustable	23	410274	3 x 2.5 x 2	5 oz.	$19.95
Princeton Tec Scout	693740	4 coin cells	UA	UA	LED	Fixed	UA	NA	UA	UA	$19.95
Princeton Tec Solo	615921	2 AA	Hal. 2:38 Krypton 6:00	Hal. 1:03 Krypton 2:38	Bulb	Adjustable	Hal. 104 Krypton 38	Hal. 606619 Krypton 621205	2.75 x 2.75 x 2.5	6 oz.	$24.95
Petzl Tikka	668271	3 AAA	25:08 (ms)	3:59	LED	Fixed	14‡	NA	2.25 x 2.25 x 1.5	2.4 oz.	$28.95
Black Diamond Moonlight	675947	3 AAA	28:54	6:00	LED	Fixed	24.5‡	NA	4 x 2 x 2	3.2 oz.	$29.95
Petzl Zoom Zora	676644	4 AA	8:41	2:20	Bulb	Adjustable	28	Hal. 611400	4.25 x 3.5 x 3.5	9.9 oz.	$29.95
Princeton Tec Aurora	687072	3 AAA	High 12:38 Low 5:44	High 8:40 Low 7:55	LED	Fixed	High 14.7‡ Low 5.6	NA	3.1 x 2.1 x 1.7	2.6 oz.	$29.95
Petzl Zipka	675909	3 AAA	25:08 (ms)	3:59	LED	Fixed	14‡	NA	2.25 x 1.75 x 1.5	2.2 oz.	$34.95
Princeton Tec Yukon	693741	3 AA	UA	UA	Bulb/LED	Fixed	UA	NA	UA	UA	$35.95
Black Diamond Gemini	684245	3 AA	Bulb 3.52 LED 69:35	Bulb 00:58 LED 88:20	Bulb/LED	Fixed	Bulb 34.1/ LED 12‡	NA	3.5 x 2.7 x 2.6	7.2 oz.	$38.50
Princeton Tec Matrix	656480	2 AA	Bulb 2:56 LED 33:18	Bulb 00:49 LED 41:35	Bulb/LED	Fixed	Bulb 34 LED 39.1‡	Krypton 621205 LED NA	3.5 x 3.5 x 3.5	5.7 oz.	$39.95
Petzl Myo 3	696969	4AA	Bulb 4:00 (ms) LED 180:00 (ms)	Bulb UA LED UA	Bulb/LED	Adjustable	UA	NA	3 x 3 x 3	8.8 oz.	$44.95
Petzl Duo Belt	641678	4 C	Hal. 10:58 Vac. 36:16	NA§	Bulb	Adjustable	Hal. 14 Vac. 8	Hal. 611400 Vac. 611399	5 x 3.75 x 2.25	1 lb. 1 oz.	$59.95
Petzl Duo LED 3	691180	4 AA	Bulb 3:24 LED 60:00	Bulb 1:46 LED 18:28	Bulb/LED	Adjustable	Buld 97.5 LED 15‡	Hal. 611400 Vac. 611399	5.5 x 2.25 x 3.75	10.5 oz.	$69.95
Petzl Duo Belt LED 5	695305	4 C	Hal. 10:58 LED 133:20	NA§	Bulb/LED	Fixed/ adjustable	Bulb 14 LED 20‡	Hal. 611400 LED NA	5 x 3.7 x 2.3	1 lb. 2 oz.	$77

FUEL-BURNING LANTERNS	Item #	Fuel	Fuel Capacity	Burn Time (max. flame) (hrs. & mins.)	Light Intensity	Replacement Mantle Item #	Dimensions (in.)	Weight w/o fuel	Price*
Gaz Lumostar 270	638828	Butane/propane	230g canister	5:43	33W	410184	5.75 x 3.5 x 3.5	7.5 oz.	$25.95
Century QuietLight 2-Mantle	654040	Propane	16.4 fl. oz.	5:45	34W	675238	10.5 x 7.7 x 7.7	1 lb. 9 oz.	$27.95
Primus Alpine Yellowstone Easy Light	636834	Butane/propane	215g canister	5:38	42W	675238	4.75 x 3.25 x 3.25	7.3 oz.	$39.95
Coleman Exponent Xcursion	664010	Butane/propane	1.12 fl. oz.	6:00	9W	672957	6.5 x 3 x 3	14 oz.	$41.95
Coleman Adjustable 2-Mantle	619466	White gas	16.4 fl. oz.	1:50	78W	410003	12.25 x 6.25 x 5.75	3 lbs. 10 oz.	$48.95
Coleman 285 Dual Fuel 2-Mantle	410078	White/unleaded	16.4 fl. oz.	7:55	53W	638672	12 x 6.25 x 5.75	3 lbs.	$58.95
Coleman Exponent 229 Dual Fuel	671673	White/unleaded	16.4 fl. oz.	3:00	75W	638672	12.25 x 6.25 x 5.75	3 lbs.	$58.95

CANDLE LANTERNS	Item #	Burn Time (max. flame) (hrs. & mins.)	Supplementary LED	Light Intensity	Replacement Candle Item #	Dimensions (in.)	Weight	Price*
Uco Mini	611181	4:00		1W	611182	4 x 2.5	3.7 oz.	$10.50
REI Candle Lantern—Aluminum	622047	10:15		1.5W	410128	4.25 x 2	7.5 oz.	$17.95
REI Candle Lantern Ready Kit—Aluminum	637736	10:15		1.5W	410128	7 x 6	11.3 oz.	$23.95
REI Duo Lantern	681637	10:15	X	1.5W	410128	5.25 x 2	7.5 oz.	$28.95
Uco Candlelier	624320	10:30		4W	410128	8 x 4.25	1 lb. 3 oz.	$33.95

ELECTRIC LANTERNS	Item #	Batteries	Battery Life at 70°F	LED	Light Intensity	Replacement Bulb Item #	Dimensions (in.)	Weight w/Batteries	Price*
Energizer 2-Way	660007	4 D	2:58		5W	410018	7 x 5 x 4.75	1 lb. 4 oz.	$17.95
GE Krypton Area	615108	4 D	14:00		7W	410018	7.5 x 6 x 6	2 lbs. 3 oz.	$17.95
CMG Bonfire Tent Light	660116	2 AA	30:00	X	1W	NA	4.6 x 2.5 x 1.7	4.4 oz.	$19.95
Coleman Pack Away	638723	4 D	12:00		10W	410018	6.4 x 5.5 x 5.5	2 lbs. 6 oz.	$19.95
Coleman Personal Twin Tube	618669	6 D	19:31		24W	410271	11 x 5.25 x 5.25	3 lbs.	$19.95
CMG Bonfire Blaze	695380	2 AA	White 8:00 Red 72:00 (ms)	X	White 19W Red UA	NA	4.6 x 2.5 x 1.7	4.4 oz.	$29.95
Coleman Remote Control	656033	8 D	15:26		35W	NA	12 x 7 x 7	3 lbs.	$36.95
Coleman Rechargeable Twin-Tube Area	410170	1—6V	7:02		28W	410271	11.2 x 5.5 x 4.3	3 lbs. 4 oz.	$39.95

FOOTNOTES:

***Prices subject to change and are for comparison only. †A foot-candle is the illumination of a surface 1 foot from a light source of 1 candlepower. ‡Because of lower light intensity, LED lights are tested with a sensor 1 foot away, while standard bulbs are tested with a sensor 3 feet away. §Belt battery pack can be is warmed by wearer's body; 0° testing not applicable. NA = not applicable; UA = spec unavailable. Specs based on REI lab tests or manufacturers' specifications (ms) available at time of publication.**

Recycled Paper